DOCUMENT RESUME

ED 285 689 PS 016 774

AUTHOR Birckmayer, Jennifer; And Others
TITLE Parent Express. A Month-By-Month Newsletter for You and Your Baby. Revised.
INSTITUTION California Univ., Berkeley. Cooperative Extension Service.; Cornell Univ., Ithaca, N.Y. Cooperative Extension Service.
SPONS AGENCY Department of Agriculture, Washington, D.C.
PUB DATE Feb 84
NOTE 121p.
AVAILABLE FROM Media Services Distribution Center, Cornell University, 7-8 Research Park, Ithaca, NY 14850 ($5.50 for set of 15 newsletters).
PUB TYPE Guides - Non-Classroom Use (055)

EDRS PRICE MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS Breastfeeding; *Child Development; *Child Rearing; Fathers; Guidelines; Individual Characteristics; *Infants; Mothers; *Parent Education; Parenthood Education; *Parenting Skills; Parent Materials; Parent Role; Play; Safety

ABSTRACT

All fifteen issues of a monthly eight-page newsletter for parents of infants are provided in this document. The first three issues offer advice on becoming a parent, preparing for childbirth, and caring for the baby at birth. The remaining 12 issues take up in sequence each of the baby's first 12 months of life. Parents are informed about characteristics of children at each age, given advice on safety and solving common problems of parenting, offered suggestions about playing with their infant, and given feeding advice appropriate to each stage of the baby's development. Additional suggestions are offered on several incidental topics such as how to deal with tension and stress and setting family rules. (RH)

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DEVELOPED BY
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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

BECOMING A PARENT

ED285689

Leslie Medina (2)

U.S. DEPARTMENT OF EDUCATION
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Carol Doolittle

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Dear Parents-to-be,

WELCOME to PARENT EXPRESS!

PS 016774

PARENT EXPRESS is a series of 15 newsletters that will help you discover how your baby grows and develops each month. It will take you through some of the ups and downs, the ins and outs of being a parent. PARENT EXPRESS will talk about YOU and your feelings about being a new parent. It will also give practical advice and suggestions for you and your baby.

The first three issues—*Becoming a Parent*, *Getting Ready*, and *Newborn Baby*—highlight how to prepare for the big event and focus on the first few weeks of the newborn's life. The following issues cover each month of your baby's first year.

This issue of PARENT EXPRESS looks at some things to consider before your baby enters your life. Being a new parent can be an exciting time. It can be a little scary too. It will change your life in many ways. The more you think about these changes beforehand, the more you will feel in charge of your own life.

This will be an important first year for you and your baby. PARENT EXPRESS is glad to be part of it!

BEST COPY AVAILABLE

Fathers...

Tracy Borland

Tracy Borland

Leslie Medine

DON'T BE SURPRISED IF YOU FEEL NERVOUS OR LEFT OUT.

Now all the attention seems to focus on the mother-to-be, and later it will center on the new baby. But this is a time when fathers are needed. Pregnant women may sometimes be uneasy about the ways their bodies have changed, especially during the last few months of pregnancy. They may be upset that they don't look like they used to, can't move around like they used to, and feel more tired and heavy than they used to. Talk to your partner. Tell her how you feel about her and about the new baby and listen to how she is feeling. Sharing your feelings can bring you closer together, and can help you feel part of things.

Robert McClay

Tracy Borland

What to expect — a time of changes

Having a baby—especially your first—is a time of many changes. Most first-time parents receive little preparation for the "big event" and the many ways the new baby will have an impact on their lives.

If you will be raising your baby alone, going to school, or working, you will have added pressures on your time and energy. You will need to figure out how to juggle your many responsibilities. The decisions and arrangements you make now will help ease the transition into parenthood after your baby is born. Check what resources are available for parents in your community. It is important to find as many supports as you can.

If you are a couple, expect some strains as you make the transition into parenthood. You may both have feelings you could not predict. For example, a new mother is usually very occupied with the baby, and as a result, the father may feel pushed aside and ignored. Make an agreement that you will talk to each other about your ups and downs and about your many new experiences and feelings.

Before the baby arrives is also a good time to discuss the sharing of responsibilities. Family roles are changing so that many couples feel more flexible about who is going to do what in taking care of the baby and household chores. Try to agree on your different roles. The key word is *agree*. The more you both agree now, the less resentments and misunderstandings will pile up later.

Whether you're a couple or single, living alone or with your parents, your new baby will bring new experiences, pressures, and worries, as well as joy and excitement. In those first hectic weeks, your life will seem to center around your small, helpless but demanding infant. There may be times when you will feel unsure of yourself, moody, or even overwhelmed. Most new parents feel this way at first.

It will take time to feel comfortable in your new role as a parent. After all, being a new parent is "on-the-job training" and you should not expect that you will know how to handle everything overnight. BE PATIENT WITH YOURSELF. Remember, you are not alone in your feelings and this time of adjustment will pass.

Tracy Boland (4)

Feeding Your Baby

WHETHER YOU BREAST OR BOTTLE FEED, CUDDLE YOUR BABY AND HOLD HIM CLOSE WHILE FEEDING.

Some Advantages of Breast Feeding

- Provides handy feeding method.
- Contains essential nutrients in easily digested form.
- Protects the baby from some infections and allergies.
- Helps restore mother's uterus (womb) to normal size.

Some Advantages of Bottle Feeding

- Provides convenient feeding method if mother is going back to work or school.
- Contains essential nutrients when instructions are followed.
- Allows others to feed the baby.

The Basics of Breastfeeding: A Mother's Guide, by Diane Kaplowitz, Christine Olson and Linda Proctor, Division of Nutritional Sciences, Cornell University. Series of 6 leaflets available in English and Spanish.

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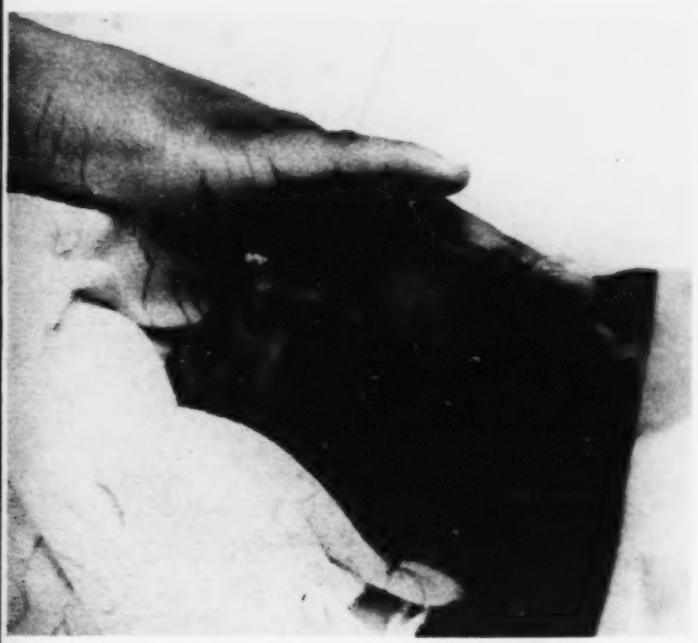

Myths

THE PERFECT BIRTH

There is no "perfect" birth. Each birth is different. The important thing is to bring your baby into the world in the healthiest way possible—for both the baby and you!

THE PERFECT PARENT

There is no "perfect" parent. We all make mistakes. There will be times when you won't feel too sure about what you are doing. It takes time, practice, and experience to be a parent. But as one new parent put it, "most important is to trust your own judgment and stick to it."

THE PERFECT BABY

There is no "perfect" baby. Each baby is different, looks different, acts different, and grows up different from other babies. Your baby will grow at his own pace—don't be disappointed or try to rush him.

Leslie Medine

IT'S TIME!

When it's time for your baby to be born, one or all of the following will happen. They are all normal. This is the beginning of your labor and the birthing process.

1. Contractions (also called labor pains) will start. They may feel like a series of gas pains, a backache, or strong menstrual cramps. Each one may last for 10 to 40 seconds.

2. The "bag of water" that holds your baby will break or leak. There will be a slow trickle or a gush of warm water from your vagina. You will not be able to control the flow of water. But don't worry—your baby will not drop out!

3. A "show" will occur. This is a pink or reddish discharge from your vagina. It will look like the beginning of a menstrual period.

If any of these things happens, or if your labor pains continue and are spaced five minutes apart or less, it is time to call your doctor, the hospital, or your trained midwife.

TIME OUT

HAVING A BABY IS HARD WORK. TRY TO ARRANGE SOME TIME OFF JUST FOR YOURSELF.

You may be able to ask a close relative or friend to stay with you for a few hours, or even a few days, when you come home with your new baby. This is especially important if you are a single parent or if you are expecting twins. In the case of twins, it will be doubly important for you to have some free time. Any help you can get to cope with the extra work load will make it easier for you. It will give you some time to relax—to nap, take a walk, or read a book.

Some city or county Health Departments have a visiting nurse service. Sometimes this service is free. The nurse can give you advice on caring for your baby, plus other helpful information. You will find the phone number for the Health Department under the county or city listing in the white pages of the phone book.

Tracy Borland

WHERE TO GET HELP

LA LECHE LEAGUE is an international group of mothers who breast feed. They can tell you everything you want to know about breast feeding. They also have written materials for nursing mothers. Check the white pages of your phone book to see if La Leche has a local chapter in your community. Or write to the national office: La Leche League, 9616 Minneapolis Avenue, P.O. Box 1209, Franklin Park, Illinois 60131-8209.

W.I.C. (Women, Infants and Children) is a food assistance program available to low-income families for some pregnant and nursing women, and for children through the age of four. Get in touch with your city or county Health Department for further information.

PUBLIC HEALTH DEPARTMENTS can give you information on pregnancy, child care, nursing, available child care centers, and answers to general questions. Check in the phone book under your city or county listing for the Health Department.

NATIONAL ORGANIZATION OF MOTHERS OF TWINS CLUBS can give you the addresses of local chapters to share information with other parents of twins. If you are expecting twins, write to: National Organization of Mothers of Twins Clubs, 5402 Amberwood Lane, Rockville, Maryland 20853.

U.S. CONSUMER PRODUCT SAFETY COMMISSION can give you information and booklets on safety standards for cribs, toys, and other areas of child safety. Call this toll-free number, 1-800-638-2772. (In certain counties, you may not need to dial the 1 before the 800. Check with your local operator.) Or write to: U.S. Consumer Product Safety Commission, Washington, D.C. 20207.

NATIONAL ASSOCIATION OF CHILDBIRTH EDUCATION can give you information on natural childbirth or the Lamaze method of childbirth. Write NACE, INC, 3940 Eleventh Street, Riverside, CA 92501-3585.

BABY CARE and **PARENT CLASSES** may be offered in your community. Contact your local chapter of the American Red Cross for information, or write to: American Red Cross, National Headquarters, Office of Public Affairs, 17th & D Streets, Washington, D.C. 20006.

COMING NEXT

- How Will Baby Be Born?
- Where will Baby Be Born?

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

PARENT EXPRESS is a publication of the Human Relations Program, University of California Cooperative Extension, Berkeley.

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SPECIAL THANKS —PARENT EXPRESS was inspired by the very successful program for new parents, called CRADLE CRIER, by Dr. Shirley J. O'Brien, Human Development Specialist at the University of Arizona Cooperative Extension Service. We wish to thank Dr. O'Brien for her encouragement and support.

SOURCES

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Order from: Media Services-Printing
B-10 MVR Hall
Cornell University
Ithaca, NY 14853

American Trauma Society,
University of California, S.F., 839 HSE,
San Francisco, California 94143

This publication is issued to further Cooperative Extension work mandated by acts of Congress of May 8 and June 30, 1914. It was produced with the cooperation of the U.S. Department of Agriculture, Cornell Cooperative Extension, New York State College of Human Ecology, New York State College of Agriculture and Life Sciences, and New York State College of Veterinary Medicine, at Cornell University. Cornell Cooperative Extension provides equal program and employment opportunities. Lucinda A. Noble, Director.

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25m-2/84-WC/ALS

REVISED FEBRUARY 1984

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A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

GETTING READY

Dear Parents-to-be,
It may be any day now!

Now that your baby is nearly due, you are probably getting impatient. Sometimes it seems like the baby will never arrive. But he or she will—and soon!

Having a new baby is like starting a new job! Of course, you'll be getting "on-the-job-training" after your baby is born. In addition to learning from your own experiences, this issue of PARENT EXPRESS offers information and suggestions to help you prepare for the times ahead.

START PLANNING NOW

It's not too soon to think about how you're going to care for yourself after your baby's birth.

How about lining up some friends and relatives to help out with the new baby, particularly the first week or two at home?

Fathers, have you considered taking some time off work? It's important for you to feel part of things.

If you don't expect to have people around to help, prepare some simple one-course meals in advance and freeze them. If you don't have freezer space, stock up on some simple-to-prepare foods, so that you don't have to spend a lot of time and energy cooking the first few days.

Tracy Borland

Tracy Borland (4)

HOW will your baby be born?

There are several ways to have your baby. Your doctor, your nurse, or a trained midwife can help you decide which is the safest and healthiest way for you and your child.

ANESTHETIC CHILDBIRTH

Having a baby is one of the natural events of life, but that doesn't mean it's painless! Many mothers need or want anesthetic medications to help them during childbirth. Anesthetics are pain killers. Some are inhaled through a mask and others are given by injection. After she has taken the anesthetic, the mother will be relaxed and drowsy.

If you choose this method of childbirth, discuss with your doctor or nurse the kind of medication that will be best for you and your baby.

NATURAL or PREPARED CHILDBIRTH

The terms "natural childbirth' and "prepared childbirth" refer to any birth where the mother wants to actively experience the birth with as little medication as possible.

One of the most popular natural childbirth methods is called the Lamaze method. The mother-to-be learns breathing and relaxing exercises with the help of a partner. It is believed that fear makes the mother tense, and tension results in pain and difficulty during labor. That's why the Lamaze-trained mother and her partner practice the breathing exercises and body positions during pregnancy so as to be prepared for the birth.

If you want to find out more about this method of childbirth, check with your clinic, your doctor, or the local Health Department.

Tracy Borland

CAESAREAN CHILDBIRTH

With this kind of birth, surgery is performed to make things easier for the mother and baby. An incision is made through the abdominal wall and the uterus (womb) so that the baby can be born. (In births other than Caesarean, the baby moves through the vaginal canal until he emerges for birth.) In the United States, almost 20 percent of all babies are born by Caesarean section. You may have heard it called a "C-section." There are several conditions that might make a Caesarean birth necessary—for example, if the mother's pelvic opening is too small for the baby to pass through, or if the mother's health or the baby's health may be in danger.

PREMATURE BIRTH

Any baby weighing less than 5 pounds at birth, or born earlier than a full-term baby (9 months) is called a premature baby or a "preemie." These babies stay in the hospital for a few weeks to receive special care before going home to their parents.

Jeff Weissman/Alta Bates Hospital

WHERE will your

Hospital

Most women have their babies delivered in a hospital by a doctor and the hospital staff. If you want to have your baby in a hospital but don't have a doctor yet and are not being seen at a clinic, call your city or county Health Department, your county Nurses Association, or your local hospital. If you cannot find these phone numbers easily in the phone book, call information

Here are a few things to keep in mind if you are planning to have your baby in a hospital:

1. Keep the phone numbers of your doctor, clinic, or hospital handy, plus the phone number of a friend or relative.
2. Find out which hospital entrance to use, especially at night, and where you should go.
3. Find out how long it takes to get to the hospital. Then when your labor pains start, you won't be worried about getting to the hospital on time.
4. Ask what kind of arrangements the hospital offers. Will your baby stay in the same room with you (rooming-in service)? Or will your baby be cared for in a nursery and brought to you only at feeding times?
5. Ask the hospital for a tour of the maternity ward, nursery, and labor and delivery rooms so that you will be familiar with the surroundings.
6. Find out what you need to bring to the hospital with you. Ask if you should bring things like a nightgown, slippers, robe, toothbrush, toothpaste, and soap. You may feel more relaxed if you have a small bag packed and ready to go. It may seem silly to you now, but it helps to know that you are prepared.
7. Don't be embarrassed about asking questions. ASK, and get the answers! Remember, it is your first time around as a parent, and you are entitled to know what to expect from your doctor, and from the hospital.

Tracy Borland

Alternative Birth Center

Many hospitals now have alternative birth centers as part of their services. An alternative birth center offers the attention of a medical staff in a home-like atmosphere. The mother stays before, during, and after the birth in a special room, and has the choice of having the father of the baby, relatives, or friends present to help during labor and delivery. If you're interested in more information on alternative birth centers in your area, write to: International Childbirth Education Association, Box 20048, Minneapolis, Minn. 55420.

Home

If you are interested in having your baby delivered at home, you should be assisted by a midwife. The midwife is a registered nurse who has special training and experience in the care of pregnant mothers and the birthing of babies. A midwife does not use medication or surgery during the birth. In emergencies, a doctor is called right away. If you are interested in this type of birth, call your local county Nurses Association or the city or county Health Department for advice and information.

Jeff Weissman/Alta Bates Hospital

baby be born?

WHERE YOUR BABY SLEEPS

YOU CAN USE A CRIB, A CAR BED, OR A CRADLE. HERE ARE SOME THINGS YOU SHOULD LOOK FOR IN NEW OR USED CRIBS.

- Bumper pads around entire crib should be tied in place with 6 straps or more. Slats should be no more than 2-3/8 inches apart.
- Mattress should be tight-fitting. If you can slip two or more fingers between mattress and slats, put rolled up towels between them. Or replace with snug-fitting mattress. No pillow.
- Safety latch to drop crib-side should be one that baby can't work. (Foot release is handy for parents). Sides should be high enough so baby can't climb over.
- All wooden surfaces should be smooth, free of splinters—no rough or sharp edges.
- Damaged teething rails on used cribs should be removed.
- All plastic packaging from new cribs should be removed.

WHAT YOUR BABY WEARS

YOUR BABY DOESN'T NEED AN EXPENSIVE WARDROBE. HERE ARE SOME SUGGESTIONS FOR YOUR BABY'S CLOTHES.

- 2 to 3 one-piece stretch suits or long gowns.
- 3 to 4 small undershirts (ones with snaps are easier).
- 4 pairs of waterproof pants.
- 2 to 3 dozen cloth diapers (or supply of disposables).
- 4 diaper pins for cloth diapers.
- 3 to 4 small cotton blankets.
- 1 or 2 warmer blankets.

Khuner

WATCH OUT!

MAKE RIDING IN A CAR AS SAFE AS POSSIBLE FOR YOUR BABY. IN CALIFORNIA, MORE THAN 13,000 CHILDREN ARE HURT EVERY YEAR IN CAR ACCIDENTS BECAUSE OF UNSAFE CARSEATS.

Buckle Up Your Baby

All babies—including newborn infants coming home from the hospital—should ride in special infant car safety seats. The most dangerous way for an infant to travel is in mother's lap. A sudden stop of the car can throw a baby who is not in a proper safety seat against the dashboard or through a car window.

Babies up to 9 months old (or weighing up to 20 pounds) should ride in a properly designed infant car safety seat next to the driver. Even though infant car safety seats are expensive, they are necessary to protect babies from car injuries. MAKE SURE THE SEAT AND YOUR BABY ARE FACING THE BACK OF THE CAR.

The car's safety belt will either attach through or over the infant car safety seat, depending on the brand.

When deciding on a car safety seat, you can choose:

- An infant car safety seat (replacing it with a toddler's seat as your child grows) or
- A special car seat that can be used for either infants or toddlers.

Tracy Borland

Here are some DON'TS to make car riding safe:

- DON'T hold babies on laps.
- DON'T use an infant carrier seat as a car seat. They are not SAFE.
- DON'T leave children alone in a car.
- DON'T leave car doors unlocked.
- DON'T leave any sharp or heavy objects on the rear car shelf or seat. They may hit the child if the car stops suddenly.

THE AMERICAN TRAUMA SOCIETY has a list of different car safety seat models. Send a stamped, self-addressed envelope with a note requesting infant car safety seat information to American Trauma Society, University of California, S.F., 839 HSE, San Francisco, Calif. 94143.

INFANT CARRIER SEATS AND SAFETY

Tracy Borland (2)

Babies love to be the center of things. They also love to be close to you. With an infant carrier seat, a baby can be a part of family life. You can use the infant carrier when feeding or carrying your baby. BUT IT DOES NOT KEEP YOUR BABY SAFE IN THE CAR.

When choosing an infant carrier, make sure the seat is deep enough and has a chest and/or crotch strap so your baby won't slide out. Look for a seat with a wide base and a nonskid bottom.

Here are some rules for safe use of infant carrier seats:

- Always use the seat belt or crotch strap.
- Stay within arm's reach when the infant carrier seat is on a high place like a table, sofa, or store counter.
- Be careful when using an infant carrier seat in a shopping cart. Your baby may wiggle and fall out of the cart.

COMING NEXT

- Child Care—Choices and Suggestions
- Feeding Baby—Schedule vs. Self- Demand

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

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25m-2/84-WC ALS

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Richard Speigman

Each month PARENT EXPRESS will be talking about how babies grow and develop. All babies are different and grow at their own pace. So don't worry if your baby isn't doing exactly the same things as your friend's babies.

Jeff Weissman/Alta Bates Hospital

Dear Parents, Congratulations, you have a new baby! and you are a new parent!

What's it like to be a new parent? Do you sometimes feel that you will never sleep through the night again? Are you a little nervous about taking care of this helpless but demanding baby? Do you feel tired a lot, but excited, too? If you answer yes to any of these questions, then you are like most new parents!

Remember one thing–You are not alone.

There are many changes that take place and new things to learn when you become a parent. It doesn't happen overnight.

There will be good times, and there will be bad times, and you and your baby will survive them all!

HE or SHE?
HIM or HER?

PARENT EXPRESS gives equal time and space to both sexes! That's why we take turns referring to babies as "he" or "she". So keep in mind that even if we say "he" or "she," we are talking about all babies.

A special word for fathers . . .

Eliot Khuner

Sometimes fathers feel shy about touching their baby. Others are willing to try, even if they feel all thumbs.

Jeff Weissman/Alta Bates Hospital (5)

Knowing how to take care of a baby takes time and practice. Give yourself a chance—pretty soon you will feel like you've been a father all your life!

IT LIKE TO BE A NEWBORN BABY?

- I need others to take care of me.
- I can't decide things for myself.
- I need someone to love, feed, hold, and play with me.
- I like to feel warm, and I don't like lots of noise.
- I like to be held gently and very close.
- I like to sleep a lot.
- I am hungry every few hours.
- I may be fussy and cry a lot.
- My face may be wrinkled, puffy, or red, and I may have a large head—I'm normal!

Feeding Your

Alfred Smith

Schedule or Self-Demand?

Most babies set up their own fairly regular feeding times. Some babies may like to eat every four hours, others are ready to eat every three hours, and some prefer eating more often than that. Newborn babies drink only breast milk and water, or formula and water.

Feeding your baby when he gets fussy or cries will not spoil him. It will help you to be more sensitive to his needs.

Some babies like to sleep for longer periods during the day than at night. If your baby is a lengthy daytime sleeper and stays awake most of the night, you can reverse this pattern. Try waking him up for feeding instead of letting him sleep for long periods during the day.

You can get a pretty good idea of your baby's feeding pattern by keeping track of the times when he seems to be hungry. Remember, your baby may not be hungry every time he is fussy. He may need burping, a diaper changed, a drink of water, or he may just want to be held.

Breast Feeding

The first thing to remember is to RELAX! Being tense and uptight can affect the natural flow of milk. You can sit in a chair or lie down, whichever is more comfortable for you. Your baby's nursing will help your milk to flow. Don't rush. Take your time. This is a learning time for both of you.

During the first few days, your nipples may be slightly tender from your baby's sucking. But as you learn to relax and your milk flows freely, the soreness will disappear. If your breasts remain sore, it may be that they are extra-full of milk. Nursing your baby long enough and often enough to empty both breasts will help. Or you may have too much milk and your breast may leak a little. If this happens, tuck a clean handkerchief or a breast pad in your bra. Or gently squeeze some milk from your breasts to relieve the pressure.

Remind yourself that the time you spend relaxing and enjoying your new baby is very important for both of you.

If you are interested in breast feeding, you can get more information from the La Leche League, a national group of mothers who can answer your questions. Look in the white pages of your phone book for a local chapter.

Bottle Feeding

If you have decided to bottle feed your baby, you will use a formula. Formulas are usually made from cow's milk, or other special products to meet the needs of a growing baby. There are three different forms of formula:

- *Powdered Formula* - the cheapest, and fairly easy to prepare.
- *Concentrated Formula* - more expensive than powdered formula. You have to add the right amount of water.
- *Ready-to-Feed Formula* - the most expensive, but the easiest to use.

Tracy Borland

Whichever formula you use, follow instructions carefully. Make sure that bottles and nipples are washed and clean.

Baby

When you bottle feed your baby, keep the nipple full of formula so he doesn't swallow air. Hold your baby close with his head up. Don't leave your baby alone with the bottle propped up, and don't put him to bed with a bottle.

Babies Need Water

Whether you breast or bottle feed your baby, offer a bottle of water, especially in hot weather or when he has a fever or diarrhea. Don't add sugar to the water, unless prescribed by your doctor, and don't give flavored drinks, soda pop, or even fruit juice to a newborn.

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QUESTIONS

Does my baby need any special shots or immunizations?

Yes, your baby will need to be immunized against certain diseases. Check with your doctor, clinic, or the Health Department for information.

Games Babies Play

Alfred Smith

Babies learn through playing games. Games are more than just fun. They teach babies to:

- Use their bodies
- Learn language
- Develop their thinking
- Feel good about themselves
- Feel good about the person taking care of them.

You can play with your baby by quietly talking to her, singing to her, reading to her, or smiling at her. Even though she is a newborn baby, she will respond by listening to you, and will love the attention. As she grows older, she will reward you with a smile, a coo, or a gurgle and will try to reach for you.

Jeff Weissman/Alta Bates Hospital (3)

How to Make a Memory Book

If you saved the front page of the newspaper on the day your baby was born, and any public announcements of his birth, you can use them to start a Memory Book. You can either use a scrapbook or a school size notebook, or make up your own book. You can make it as fancy or as simple as you like.

Put in the front page of the newspaper and the birth announcement. Later he can look at it and see all the things that were happening on that important day.

Put down all the great "firsts" in your baby's life – the first time he smiles, walks, talks, sits up, crawls, etc.

Write down dates and symptoms of illnesses, date of shots or immunizations, monthly weight and height, how many teeth and when he gets them, and your baby's blood type. If you have photographs of your baby, you can put them in too. As he grows older, include drawings that he makes. You can note the things he learns, what he likes, and doesn't like, and clever comments he makes in his early years.

The Memory Book will be one way for your child to learn about his roots and to learn about himself. It will not only give him much enjoyment, but it will also serve as a good record of the early years.

Alfred Smith (2)

Jeff Weissman/Alta Bates Hospital

COMING NEXT

- The Baby Blues – What to do
- Teenage Parents – Where to get help

For You . . . Going back to work or school? Need child care for your baby? Here are some ideas and choices.

Find out what is offered in your county. Decide what you can afford and what you feel is best for your baby and for yourself.

Avoid, if possible, child care arrangements where you have to travel a long way, or to rush from work or school to pick up your child.

Don't be afraid to ask questions to put your mind at ease. Ask questions like "What would you do in an emergency? What will you do if my baby cries a lot? What do I do if my baby is sick, and do I have to make other arrangements on those days?"

Make sure that you feel comfortable with the child care center or the sitter you choose.

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

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SOURCES

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25m-2/84-WC/ALS **REVISED FEBRUARY 1984**

ADAPTED AND DISTRIBUTED BY
CORNELL COOPERATIVE EXTENSION

DEVELOPED BY
UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

1 MONTH OLD

Tracy Borland

Dear Parents, You and your baby are learning about each other!

During this first month, both you and your baby will spend a lot of time getting to know one another. Most of your baby's time will be spent sleeping, crying, or eating. Most of your time will be spent figuring out the best way to meet your baby's needs.

Sometimes, you may feel tired and nervous and may lose your temper. Most parents feel like this at one time or another. Don't worry; these feelings will pass with time.

TEENAGE PARENTS, YOU ARE NOT ALONE

Nearly 2 million teenagers become parents each year. As a younger parent, you may have some special concerns—like living with your parents, being accepted by your friends, or finishing your schooling. If you feel that you need some extra guidance or counseling, here are some places where you can get information:

- YOUR HIGH SCHOOL PRINCIPAL OR COUNSELOR can tell you about programs especially designed to help you finish your education while taking care of your baby.

- YOUR LOCAL Y.W.C.A. (Young Women's Christian Association) may have programs for teens and for teenage parents and can offer you guidance, or refer you to agencies. They are listed in the white pages of your phone book.

- YOUR LOCAL SALVATION ARMY has programs designed for teenage parents and facilities open to teenage parents. They are also listed in the white pages of your phone book.

KEEPING YOUR BABY'S RECORD

One way of checking on your baby's health is to keep a record. You can keep a small family health notebook in which you put down such items as height, weight, immunization schedule, how many teeth baby has and when she got them, and your baby's blood type.

Put down dates of illnesses and briefly describe the symptoms. You can refer to this notebook when your child starts school, as the school will need a record of immunizations. It will also be fun to look back through the book to see how your baby grew.

WATCH OUT!

AN ACCIDENT CAN HAPPEN IN ANY HOME.

It is a good idea to ask your doctor, nurse, or clinic if there is a Poison Center in your area and to keep the phone number handy. Your doctor, nurse, or clinic will also be able to tell you the things it is useful to have in the house in case of small accidents or mild illness, and what you should do if something more serious happens.

Your local American National Red Cross will also be able to advise you about home first aid kits, and in many areas, they offer basic first aid courses. You can find their phone number in the white pages of the phone book.

WHAT'S IT LIKE

How I Grow

- I wobble my head if you don't hold me.
- I turn my head sideways when I'm on my stomach.
- I roll part-way from my back to my side.
- I keep my hands in a fist or slightly open most of the time.
- I root around and try to suck, even when I'm not feeding.

How I Talk

- I'm beginning to make some throaty sounds.
- I cry when I'm hungry, wet, or tired, or when I want to be held.

How I Respond

- I make eye contact with you.

Tom Trier

TO BE 1 MONTH OLD?

Tracy Borland

- I stare at things, but I don't grab for them yet.
- I don't show much expression on my face, but I will soon!
- I may smile when I see or hear you.
- I get scared by loud noises, bright lights, or rough handling.

How I Understand

- I prefer looking at patterns instead of solid colors.
- I know that I'm going to be fed at certain times.

How I Feel

- I feel comforted when you hold me close, smile, and talk gently to me. Don't be afraid of spoiling me.

Leslie Medine

Tracy Borland

Tracy Borland

Feeding Your Baby

ALL YOUR BABY'S FOOD AND NUTRITION NEEDS FOR THE NEXT 4 MONTHS CAN BE MET WITH BREAST MILK OR FORMULA.

By now, your baby probably has a fairly regular pattern for feeding. She may get hungry anywhere from every 2 hours up to every 4 hours.

Don't worry if your baby is a slow drinker, or drinks less than you think she needs. If she doesn't want that last ounce of milk, don't force her. Overfeeding your baby can make her fat. An overweight baby is not necessarily a healthy baby. Overeating will only cause problems for your baby in later life.

Hold your baby close in the bend of your elbow while feeding. Remember that food and loving are both important. This is a time for getting to know each other—a time for snuggling, cuddling, and talking.

Hiccups are not unusual, especially if your baby is bottlefed. They may be caused by air bubbles that your baby gets from sucking hard on the bottle. Air bubbles can be painful. A small bottle of warm water may help. Burping your baby at least once during a feeding and then again when the feeding is finished will also help.

If you breast feed, you will now need about 500 extra calories a day. Two additional glasses of milk and a peanut butter sandwich will give you more than enough extra calories. Remember to drink plenty of liquids, and choose foods that are good sources of nutrients.

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QUESTIONS

"My daughter has colic. After the 6 pm feeding, she starts to cry and won't stop. What do I do?"

Some babies have crying attacks almost every evening, usually between 6 pm and 10 pm. They scream loudly, draw their legs up sharply, frown, and turn bright red. These attacks can last for hours and are all symptoms of what the doctors call colic, a name given to explain any hard, continual crying in infants.

No one knows what causes colic. It is thought that colicky babies may have a lot of gas and cry because they are so uncomfortable. By the time a baby is 3 months old, however, the daily colic attacks usually stop.

There is little you can do except try to comfort your daughter until the attack is over. Sometimes it helps to hold an infant across your knees on her stomach.

Listening to a colicky baby and not being able to help can be very frustrating. But remember, it is not your baby's fault and it is not your fault, and she will eventually get over it. If your baby continues to cry hard all day long and nothing seems to help, have her checked by a doctor or at a clinic.

BATHING

Your baby will be ready for a daily tub bath as soon as his navel (belly button) and circumcision have healed. Until that time, wash your baby with a soft cloth dipped in a basin of warm water.

Some babies like to be bathed before the morning or evening feeding. Others hate to be bathed before eating, and like their baths after their meals. Choose a time to suit your baby and yourself.

Babies may cry when they have their first baths, but by the time they are about 6 weeks old, they usually like the feel of water.

How to Give a Sponge Bath

Make sure the room is warm (between 75° and 80°) and draft-free. Then fill the tub or basin with warm water. Test the temperature with your elbow or wrist to make sure the water is not too hot. Don't put any softeners or bath lotions in the water. They may cause a skin rash.

Wrap your baby loosely in a large towel. Keep his diaper on, but not pinned. Sit next to the tub or basin or warm water with your baby in your lap. Have the soap, wash cloth, and a soft drying towel near you.

Gently wipe your baby's face and neck. Babies don't usually like this, so get this part over quickly. About twice

Tracy Borland (6)

YOUR BABY

BATH TIME CAN BE FUN FOR YOU AND YOUR BABY. MAKE IT AS EASY AND PLEASANT AS POSSIBLE, SO BOTH OF YOU WILL ENJOY IT.

a week, wash his hair and scalp, rubbing your palms with soap and gently lathering his head. To rinse, hold your baby's head and back over the basin with your hand and arm in a football-carry hold. Rinse off several times to make sure all the soap is gone and then pat his scalp dry. Avoid getting water in his eyes.

Now move to his chest, arms and hands. After soaping and rinsing with the warm cloth, pat dry. Patting, instead of rubbing, with a towel is easier on a baby's tender skin. Turn your baby on his stomach to wash his back. Then turn him on his back again. Take off his diaper and wash, rinse, and dry his stomach, bottom, legs and feet.

How to Give a Tub Bath

Using a plastic tub filled with warm water and placed on a table or the sink counter will be easier on your back than leaning over a regular-size bathtub. If you are using the kitchen sink, place a towel in the sink as a cushion, and turn the faucets away from your baby. Fill the tub or sink with warm water and remember to test the temperature. Start out with just a few inches of water until you feel more comfortable. Hold your baby securely in the tub or sink by cradling him in one arm, and wash him the same way you would with a sponge bath.

Baby Powder

After the bath, you may want to dust your baby with baby powder. Don't shake the powder directly onto his skin, as he may inhale the fine particles of powder. Powder your hands and gently pat onto your baby's skin. DON'T USE ANY BABY POWDERS THAT CONTAIN **ZINC STEARATE** OR **ASBESTOS**.

Baby Lotion or Oil

If your baby's skin is dry, you can use a baby lotion or a mineral oil. Take some cotton, put a little lotion or oil on it, and gently wipe his skin.

A SPECIAL NOTE TO FATHERS

If you haven't tried giving your baby a bath yet, now is a good time to start. You can use bath time for sharing giggles, for being close, and for giving your undivided attention to your little one.

Babies love to coo, splash, and play games with water toys while fathers observe, hum, and carry on a conversation with their babies.

Babies feel especially loved and loving when they are swept up in a big, fluffy towel, with a cuddle thrown in, before the dressing game starts.

The happy times that are shared with your baby during his bath will go a long way.

YOUR BABY'S FIRST PHYSICAL CHECKUP

Tracy Borland (4)

The Baby Blues

As a new mother, you may be going through what is known as the "baby blues," or the post-partum blues. The "baby-blues" come from the many changes your body goes through after your baby is born. You may be discouraged, tense, or feel like crying. Many new mothers feel this way. Don't worry—these feelings are perfectly normal.

Some mothers worry that they look as if they are still pregnant. Don't be upset. Remember, it takes at least 6 weeks for the uterus (womb) to shrink back to normal size.

There are no strict rules about being a parent. If you are uncertain about what to do, trust your "gut" feelings or instincts.

Here are some ways to help you through these "blue" days:

- Talk to your partner, a family member, or a good friend about your feelings. It helps to talk with someone who is close to you.
- Find out if there are any parent groups in your community where parents get together to talk and work out solutions to common problems.
- Call the Mental Health Association (listed in the white pages of your phone book), the Parent Teacher Association (PTA) at the nearest school, the local School District, or religious groups in your community for names of groups or for help in solving problems.
- Call the Health Department (listed in the white pages of the phone book under your city or county) and ask about the Public Health Nurse Visiting Service. In many cases, this service is free.
- Ask a good friend or a relative to help you out once a month. She or he might be able to come in for a few hours to watch your baby while you take the time to relax, go out, or just have some time for yourself.

Tom Trier

If you have any questions or comments, please contact your local Cooperative Extension Office

COMING NEXT

- The One Parent Family—Suggestions
- A Crying Baby—What to Do

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

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SPECIAL THANKS	—Shirley Pan, M.D., Department of Pediatrics, Kaiser Hospital, Richmond.

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25m-2/84-WC/ALS

REVISED FEBRUARY 1984

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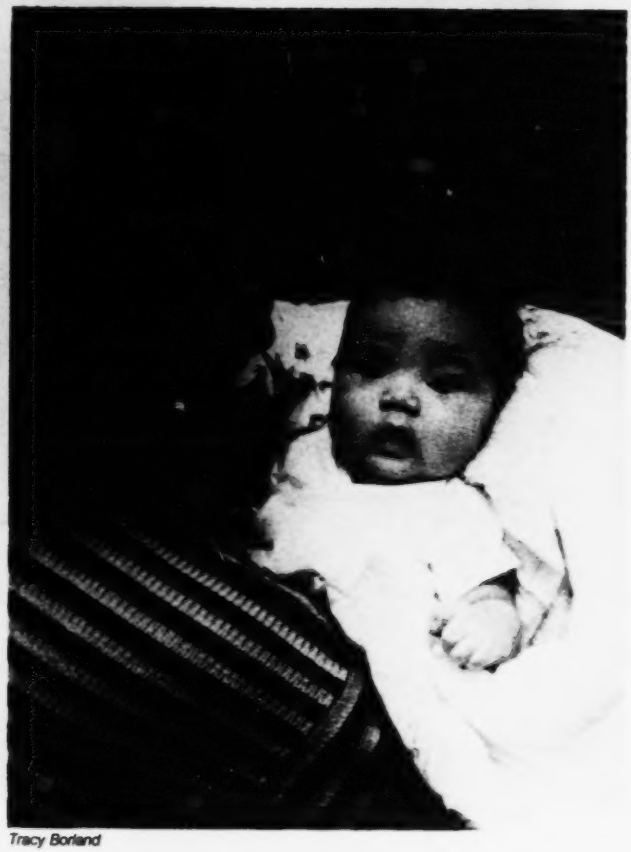
PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

2 MONTHS OLD

Leslie Medine



Tracy Borland

Dear Parents,
It's fun to watch your baby grow!

Your baby is beginning to take interest in everything. While she is awake, she busies herself with looking, listening, and learning. Even though she can't really talk yet, she lets you know how she feels by crying, smiling, or screaming.

If she is a quiet baby, she spends a lot of time just looking. If she is an active baby, she does a lot of smiling or screaming, depending on how she feels!

Your baby is beginning to learn about herself as a person. And you, as her parent, are learning all about her!

WHAT'S IT LIKE TO BE

Tracy Borland

How I Grow

- I still wobble my head a little when I am propped up.
- I hold my head up for a few minutes when I'm on my back.
- I hold onto things for a little while.
- I move my arms and legs and "bicycle" with my feet when I get excited.
- I stay awake for as long as 10 hours a day.
- I may even sleep for as long as 7 hours a night. Be patient with me if I still wake up during the night—pretty soon I'll be able to sleep longer!

Robert McClay

How I Talk

- I gurgle, laugh, and smile when I'm happy.
- I like to try out cooing sounds.
- I cry to let you know when I want something.

Tracy Borland

Robert McClay

2 MONTHS OLD?

How I Respond

- I blink at shadows made by my own hands.
- I follow you with my eyes when you move around.
- I like to stare at people and things.
- I smile at others besides my mother.
- I quiet down when I suck my fingers, a bottle, or a pacifier.
- I perform just to get your attention.

How I Understand

- I recognize different voices and people.
- I recognize a few objects, such as my bottle.

How I Feel

- I feel happy, scared, or uncomfortable at times.

cy Borland

A CRYING BABY

Tracy Borland

WHAT TO DO

There are a number of reasons why your baby may cry. Here are a few of them:

- He may be dressed too warmly, or not warmly enough. Adjust his clothing to make him more comfortable.
- He may have an air bubble in his stomach which makes him uncomfortable. Gentle burping may help. Air bubbles keep your baby from feeding as much as he needs. You might try feeding again after burping.
- He may have a diaper rash. Leave his diapers off for a while. Try powdering his bottom with a little corn starch instead of baby powder. Free circulation of air helps skin to heal, and most babies love the freedom of not wearing a diaper. If the weather is cold, wrap him loosely in a blanket.
- He may want to be held close. Talk to him, cuddle him, and rock him for a while.
- He may be bored. Try these:
  - Turn him over in his bed to give him a different view.
  - Hang something over the bed that he can watch but can't reach.
  - Play some soft music.

Feeding Your Baby

PARENTS USED TO THINK THAT FEEDING SOLID FOODS AT BEDTIME WOULD HELP THEIR BABIES SLEEP THROUGH THE NIGHT. NOT TRUE! IF YOUR BABY IS HUNGRY, GIVE HER BREAST MILK OR FORMULA – IT WILL HELP HER SLEEP.

No Solids Yet

There are good reasons for waiting to feed solids. Your baby's digestive system is not ready yet to handle foods other than milk. Her tongue and swallowing movements won't develop enough for solid foods until she is about 4 months old.

Sleeping Through the Night

Babies will usually sleep through the middle-of-the-night feeding by the time they weigh about 11 pounds.

If your baby sleeps through the 10 pm feeding (or the last feeding of the day), you may want to wake her up at 11 pm for a feeding. She will then probably sleep through the night until 5 or 6 the next morning. But some 2-month olds will wake up every 4 hours to be fed, day or night.

REMEMBER THAT YOUR BABY IS THE BEST JUDGE OF HOW MUCH SHE NEEDS AT EACH FEEDING. BE CAREFUL NOT TO FORCE HER TO FEED LONGER THAN SHE WANTS. SHE WILL CHANGE HER FEEDING PATTERN WHEN SHE IS READY.

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Tracy Borland

QUESTIONS

"My baby likes to sleep on her back. Is this position bad for her? Should I try to change this habit?"

Sometimes parents feel that they have to change a particular sleeping position because they think it is unsafe, or will harm the baby's head or feet. Babies will not choke on their backs, unless they are sick. And they will not smother on their stomachs. Just make sure there are not a lot of bed clothes in the crib.

It is important for your baby to feel comfortable while sleeping. If you are worried that your baby's head is starting to flatten because she always sleeps on the same side, there are several things you can do. Tie some colorful, safe toys on the other side of the crib so that she has to turn her head to look at them. Or turn your baby around in the crib so that her head is where her feet were before. The head flattening will disappear when your baby learns to roll over and change her sleeping position.

Games Babies Play

Learning-to-Look: An eyes-and-ears game

Playing with your baby gives her a chance to explore the world and satisfy her growing curiosity. She will enjoy your loving attention, and benefit from it.

Tracy Borland

PURPOSE OF GAME

- Trains your baby's eyes to follow an object and to pay attention.

HOW TO PLAY

- Put your baby on her back. Stand behind her and put your hand gently on her stomach. Try to keep her from seeing your face. You want your baby to watch the object and not you. (Remove your hand from her stomach if it bothers her.)
- Hold a noisemaking object, like a ring of keys, about a foot above her face.
- Shake the object gently until she looks at it.
- Watch your baby's eyes to see how she follows the object.
- Move the object slowly in a circle in the air, around her head.
- Change the direction of the circle. If your baby can't follow the object in a circle, make only part of a circle.

Other eyes-and-ears games

- Put mobiles over your baby's crib so that she can watch them as they move.
- Move objects back and forth in a straight line in front of your baby.

WATCH OUT!

Don't leave your baby alone on a table or chair. You will be surprised at how fast a baby can turn and roll off! That quiet baby can wriggle like an eel!

REMEMBER

CHECK WITH YOUR DOCTOR, NURSE, OR CLINIC ABOUT THE IMMUNIZATIONS THAT YOUR BABY NEEDS.

MORE THAN 6 MILLION ADULTS IN THE U.S. ARE SINGLE PARENTS

Tracy Borland

If you are a single parent, your child's needs will be even more demanding on you. It is easy for single parents to become so involved with their children that they stop seeing other people. But you need to spend time with other adults. Share family activities, such as outings, with friends you enjoy being around. Check the following places for news about parent groups and other activities which may interest you:

- Local newspapers
- Religious groups
- Service organizations
- Library bulletin boards

Don't limit yourself to events and groups labeled "for single parents."

SOME EASY EXERCISES TO HELP YOU RELAX

Allow time each day for relaxation and exercise—you've earned it! These exercises only take a few minutes and will make you feel refreshed again:

- Lie flat on your back. Take a deep breath. Now breathe out slowly. Repeat 5 times.
- Lie flat with your arms at your sides. Move your arms out to shoulder level, keeping elbows stiff. Then raise your arms over your head and bring your hands together. Repeat 5 times.
- Lie flat, then raise your head, touching your chin to your chest. Try not to move any other part of your body. Repeat a few times.

BE GOOD TO YOURSELF

COMING NEXT

- Exercises to Loosen Up
- Games Babies Play

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Order from: Media Services-Printing
B-10 MVR Hall
Cornell University
Ithaca, NY 14853

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Cornell Cooperative Extension - Helping You Put Knowledge to Work

25m-2/84-WC/AL5 **REVISED FEBRUARY 1984**

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CORNELL COOPERATIVE EXTENSION

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UNIVERSITY OF CALIFORNIA

PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

3 MONTHS OLD

Dear Parents,

You and your baby talk through body language!

Your baby doesn't use words yet, but he will understand a universal language—body language. This is a language that doesn't need words. You can tell your baby you love him by giving him a hug, singing a song, or gently rocking him to music. You will find that he talks back to you in the same way. He will give you a smile, a giggle, a coo, or a hearty chuckle.

YOU DON'T NEED WORDS TO TELL YOUR BABY YOU CARE.

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

Tracy Borland

WHAT'S IT LIKE TO BE

How I Grow

- I hold my head and back pretty straight when you support my body.
- I lift my head, lean on my elbows, arch my back, and rock when I'm on my stomach.
- I move my arms and legs a lot.
- I push with my arms and legs when I am held.
- I touch my face with my hands.
- I grab at things, but sometimes I miss.

How I Talk

- I coo simple sounds, like ooh, ah, ae.
- I answer sounds I hear by gurgling, cooing, and squealing.
- I don't cry as much as before. Have you noticed?

Tracy Borland (5)

3 MONTHS OLD?

How I Respond

- I react with my whole body to familiar faces.
- I get excited when I see people I know, or when I see my bottle.
- I stop sucking to hear sounds. Then I look and suck at the same time.
- I follow sounds with my eyes.
- I like listening—talk to me in simple sentences.

How I Understand

- I'm beginning to find out that I am a person.
- I'm beginning to show that I have a memory.
- I recognize different family members.

How I Feel

- I love being cuddled.
- I don't like being left alone.

QUESTIONS

"When I take my baby out with me, who should I dress first—baby or me?"

It's easier if you dress first, then get your baby ready. When dressing your baby before going out, try to make it an enjoyable time for both of you. Talk gently and smile at her while changing her clothes.

Some baby clothes have tiny buttons, little loops, and small snaps. Maybe they were a gift from someone and though they look very nice, they are difficult to get onto a squirming baby. If you are in a rush, it may seem like your baby is trying to do everything to make it more difficult for you. She may be fighting mad from being handled too much, and she can get overheated from wriggling around.

When you are going out, the decisions you make about what you will wear also apply to your baby. If it is chilly outside and you need a sweater, your baby will probably need something warm, too. If the sun is shining brightly enough for you to need a sunhat or sunglasses, your baby will probably need a hat too, to protect her head from sunburn and to shade her eyes.

Feeding Your Baby

YOUR BABY SPENDS A LOT OF TIME FEEDING. ONE OF THE MOST IMPORTANT PARTS OF FEEDING IS THE WARMTH AND PLEASURE HE FEELS WHILE BEING HELD AND FED.

Tracy Borland (2)

If you are bottle feeding, don't prop the bottle and leave your baby alone, or put him to bed with a bottle. There are several reasons why. There is a small opening or tube between your baby's throat and his ear. If your baby is lying down and sucking on his bottle, a small amount of formula may travel from the throat to the ear and cause infection. Also, the formula that may remain in his mouth when he falls asleep with a bottle can cause tooth decay. And leaving your baby to feed himself robs you both of a loving and relaxing time together.

Remember, your baby is not necessarily hungry every time he cries. When babies are fed too often, they eat less at each meal. Their stomachs empty more quickly, and empty stomachs soon make them hungry again. Also, offering a bottle just to keep baby quiet teaches him to connect feeding with discomfort. This may lead to feeding problems later on.

During the first 4 to 6 months, breast milk or formula will be enough to satisfy your baby's nutritional needs. After 6 months, your baby will start eating other foods such as infant cereals, pureed vegetables, fruit, and meats. But you should continue feeding breast milk or formula.

Games Babies Play

Getting-the-Feel-of-Things: A using-the-senses game

Tracy Borland

PURPOSE OF GAME

- Teaches how to tell the difference between things through looking, feeling, tasting, smelling, and hearing.
- Encourages your baby to explore the world by using different body movements—for example, banging, mouthing, dropping, and rubbing.
- Encourages your baby to examine different objects when alone.

HOW TO PLAY

- Choose various harmless objects from around the house with different shapes (square, round, hard, soft, fuzzy, long, short, sticky).
- Show the objects one at a time and let your baby examine them.
- Watch the movements your baby makes—she will treat each object differently. She is learning to change her body movements to fit the object she is examining.

WATCH OUT!

BABY RATTLES CAN BE DANGEROUS!

The U.S. Consumer Product Safety Commission warns parents to be very careful about the kinds of toy rattles they give their babies. Make sure that no part or end of the rattle is small enough to fit into your baby's mouth, as he may choke on it. A baby's mouth is very flexible and can stretch to hold larger shapes.

Keep rattles with these shapes away from your baby. They have been responsible for many home accidents.

DON'T GIVE YOUR BABY THESE SHAPES. THEY CAN BE DANGEROUS!

Telephone receiver | **Safety pin** | **Clothespin** | **Barbell or dumbbell**

SOME EXERCISES TO LOOSEN UP YOUR BODY

Tracy Borland

With all the responsibilities in your life, exercise is one of the easiest to leave out, but it's one of the most important. Some of the best exercises are walking and swimming, but there are also plenty of good exercises to do at home. Here are two simple exercises that take just a few minutes and help to loosen up your body.

- Lie on the floor, on your back, and point your toes.
- Raise your right leg slightly and stretch your left arm toward your raised leg.
- Repeat with opposite arm and leg.
- Repeat 6 times.

- Lie on the floor, on your back, with arms stretched out to shoulder level.
- Bend your knees and lift your feet up.
- Swing bent legs toward right, making sure your shoulders and arms are flat on the floor.
- Then swing legs to the left.
- Repeat 6 times.

FOR ACHING MUSCLES

Many things can make your muscles ache—carrying your baby, ironing, writing, washing dishes, or doing any one thing for a long time. Try doing these exercises to relax.

- Lie down on a rug or bed with your legs straight and slightly apart. Stretch your arms high above your head.
- Then round your back and stretch your arms out in front of you, touching your chin to your chest.
- Repeat moving your arms up and down 5 times.

FOR TENSE NECK MUSCLES

Shoulder Shrug

- Stand or sit in a comfortable position.
- Raise your shoulders to your ears, hold for a count of 4, then drop your shoulders back to a normal position.
- Now rotate your right shoulder up, back down and around, first one way, then the other. Rotate with your left shoulder, repeating the same motions. Then rotate both shoulders at the same time.

Head Roll

- Stand or sit in a comfortable position.
- Bend your head to the left. While breathing in, s-l-o-w-l-y roll your head back in a circle to the right.
- Then breathe out as you circle forward until you are back where you started.
- Now change directions, doing the same movements with your head bending to the right.
- Repeat 2 or 3 times.

Sucking, Pacifiers and Learning

Babies will suck their own fingers or fists from birth. This is not always a sign of hunger. The need to suck is probably strongest during the first 4 months.

Sucking quiets your baby. It reduces hunger pangs and tension. Pacifiers can be substituted for fingers. But don't overuse pacifiers as a way of keeping your baby occupied. Fingers are always there, while pacifiers get dropped and have to be picked up.

Sucking is also a learning experience for your baby. She will suck, then stop and look around. By the end of the third month, she will be able to look and suck at the same time. She is learning about the world around her while looking and studying everything.

Tracy Borland

COMING NEXT

- Feeding Baby Semi-Solids—When to Start
- Stress in Daily Life—What to Do

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

PARENT EXPRESS is a publication of the Human Relations Program, University of California Cooperative Extension, Berkeley.

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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

4 MONTHS OLD

Tracy Borland

Dear Parents, Your baby is beginning to explore his world!

Have you noticed how your baby responds to you with smiles and thinks that everything is a game? How he sometimes seems shy or afraid? From now on, you'll find that your baby uses all his senses—sight, sound, taste, smell, and touch—to learn about the world around him.

You can help him explore his world by playing, holding, talking, singing, and spending time with him. What could be more exciting and rewarding than watching your baby develop a personality all his own?

WHAT'S IT LIKE TO BE

Tracy Borland

Christie Gerlach

Tracy Borland

How I Grow

- I turn my head in all directions.
- I lift my head forward when I'm on my back and grab my feet with my hands.
- I sit up for about 15 minutes with my head and back straight if you support my body.
- I prefer sitting, instead of lying down—it's more interesting!
- I roll from my back to my side, but sometimes I get my hand caught under my stomach.
- I stretch my legs out straight when I'm on my back or my stomach.
- I move a toy from one hand to the other.
- I put things in my mouth.
- I splash and kick with my hands and feet in the bath.

How I Talk

- I babble and imitate sounds like coughing and clicking my tongue for long periods of time.
- I coo, grin, or squeal with joy when you talk to me.

Tracy Borland

4 MONTHS OLD?

How I Respond

- I love to see myself in the mirror.
- I'm fascinated by my hands.
- I like some people and am shy or scared of others.
- I may have one favorite toy or blanket.

How I Understand

- I can remember things for about 5 seconds.
- I know if something is near or far.
- I'm aware of depth and distance.

How I Feel

- I get excited when I'm having fun—everything is a game to me.
- I cry and get mad when you stop paying attention to me or take a toy away.

Tracy Borland

A special word for fathers . . .

Today, with more and more mothers working, more and more fathers are becoming involved in the care of their babies. In some one-parent families, the father is the main caretaker for his child.

There's no question that fathers can form close relationships with their babies. Fathers can love, guide, teach and nurture their babies. So how much should you, the father, be a part of your baby's life? As much as you can!

QUESTIONS

"Whenever my baby cries, I pick him up. My friend says I'm spoiling him. Is she right?"

Most child specialists agree that you are not spoiling your baby when you react promptly to his crying. A baby's needs are usually immediate. If he is hungry, he wants to be fed. If he is uncomfortable or scared, he wants to be held.

You don't have to worry about spoiling him. Answering his needs makes him feel safe, loved, and worthwhile.

Not answering his needs and ignoring him may teach him that the world is not to be trusted. The basic need for trust is the foundation for self-discipline. It's necessary for his growth into a well-adjusted, caring human being.

YOUR BABY NEEDS A LOT OF LOVE FROM *YOU*, THE MOST IMPORTANT PERSON IN THE WORLD TO HIM.

Feeding Your Baby

AFTER 4 to 6 MONTHS, YOUR BABY WILL BE READY TO EAT SOLID FOODS, IN ADDITION TO BREAST MILK OR FORMULA.

Tracy Borland

When to Feed

More and more pediatricians recommend that babies *not* be given solid food until at least 4 months of age, and preferably that parents wait until 5 or 6 months to begin feeding cereals and other solid foods. The reason: before 4 months, babies do not have full mouth and tongue control and will usually push solids out with their tongues. Therefore, semi-liquid, mushy foods should not be given to your baby before she can sit up with support, or has some head and neck control. *Check with your doctor, nurse, or clinic before beginning solid foods.*

What to Feed

After 4 to 6 months, your baby will be ready for other foods in addition to breast milk or formula. Usually an iron-fortified infant cereal is first. Choose a single-ingredient infant cereal like rice, oatmeal, or barley. Soon your baby will be ready for a few teaspoons of pureed vegetables and fruits.

How to Feed

Put a teaspoon of infant cereal in a dish (not in the bottle) and mix it with formula milk or breast milk. Don't add sugar, salt, or any seasonings.

For the first few weeks, offer the cereal once or twice a day after breast or bottle feeding. Use a baby-sized spoon to feed your baby. Give her just a small taste at first. If she seems interested, give her a few more tastes with the spoon. If she doesn't like it, or pushes the spoon away, wait a few weeks and then try again.

DON'T FORCE YOUR BABY TO EAT. SHE WILL ACCEPT SOLIDS WHEN SHE IS READY.

Try only one new food at a time. For example, if you start with a few teaspoons of infant rice cereal, continue for several days before introducing infant oatmeal or infant barley.

The first feedings will probably be messy. Don't forget, your baby has only been used to sucking up to now. But she will soon learn how to swallow solids. With a little patience, you can help your baby learn to eat and to like different foods. Try to make mealtime a pleasant time for both of you!

Tracy Borland

Sometimes a new food can cause diarrhea, a skin rash, or even a runny nose. If you think your baby has an allergy problem, check with your doctor, nurse, or clinic.

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Games Babies Play

I-Can-Move-to-Keep-Things-in-Sight: An eyes-and-body game

Tracy Borland (3)

PURPOSE OF GAME

- Teaches your baby to use his body, and to lift his head and part of his upper body when watching a moving object.

HOW TO PLAY

- Put your baby on his stomach and sit facing him.
- Use a ring of keys, or a box or can filled with buttons or rocks.
- Dangle the noise-making object in front of your baby's face and say, "Look at the keys."
- Raise the object slowly in the air to encourage him to lift his head and push up with his hands.
- Say something like "Follow the keys" or "Keep your eyes on the keys."
- Watch your baby and see if he can lift his chest off the floor.

Another eyes-and-body game

- Move objects slowly behind your baby's head. See if he will move around to find the object.

COPING WITH DAILY STRESS

Does your stomach feel tense? Do you often get headaches? Do your muscles ache? Do you sometimes feel like hitting someone? Or crying for no reason? These are some of the signs of stress — AND YOU CAN DO SOMETHING ABOUT THEM.

Everyone goes through stress or strain at one time or another. Stress builds up from daily worries, from crisis, from life changes — like becoming a new parent, or getting divorced, or changing jobs. For some people, it can build up to the point where they can no longer control their emotions, or where they strike out at the world around them.

It's easy to ignore the first signs of stress. But if you listen to your body and to your feelings, you can learn to read the warning signals, and take action to reduce tension. Here are some suggestions, stress-reducing exercises, places you can contact, and other information that can help:

SUGGESTIONS

- Put your baby down for a nap and forget what you "should" be doing. Take some time to RELAX. Do whatever makes you feel fresh again.
- Don't keep worry and anger bottled up. Talk about these feelings with someone who is close to you.
- Set reasonable goals for yourself. Then decide what first steps you REALLY want to take.
- Trying to do everything, plus taking care of your baby, will wear you out. Pick out the most important things and don't worry about the others.

EXERCISES

- Raise your shoulders up to your ears. Hold while counting to 4, then drop your shoulders back to their normal position. Rotate your shoulders back, down, and around, first one way, then the other. Repeat a few times.
- Lie on the floor with your feet up on a chair. Place a cool wash cloth on your face and think of the most peaceful scene you can imagine. Stay there for at least 5 minutes.

PLACES TO GET HELP

- If you are worried that your feelings are getting out of hand, call PARENTS ANONYMOUS, a national organization for parents who are concerned about child abuse. You don't have to give your name. Dial their TOLL-FREE number, 1-800-352-0386, during the hours of 8:30 am to 4:00 pm to get advice, help, or just to talk to someone. (In certain counties you may not need to dial the 1 before the 800. Check with your local operator.)
- If tension is so high that your partner reacts by beating you, write to the NATIONAL COALITION AGAINST DOMESTIC VIOLENCE. This is a nationwide organization of women's shelters and domestic violence programs. They will give you help or tell you where to get help. Their address is: 1500 Massachusetts Avenue NW, Suite 35, Washington, D.C. 20005.

WATCH OUT!

MAKE SURE ALL TOYS OR OBJECTS GIVEN TO YOUR BABY ARE SAFE.

Here are some thoughts to keep in mind when considering toys for your baby, as recommended by the National Safety Council. Toys should be:

- Washable.
- Large enough so that they won't fit in your baby's mouth, ear, or nose.
- Light enough so they won't cause injury if your baby drops them on himself.
- Made of non-brittle material (never glass).

Tracy Borland

Here are some suggestions for safety in toys:

- Avoid toys with spikes or wires in them.
- Make sure toys have no parts that can catch fingers.
- Check to see that toys are labeled nontoxic.
- Remove any loose metal squeakers from squeak toys.
- Remove the eyes on stuffed animals if they are loose or pinned on. Add your own touch by embroidering eyes on the animal.
- Avoid hanging pacifiers or toys from long strings above your baby's bed. They can come loose and get tangled around your baby's neck. Don't hang them around his neck either.

- DON'T GIVE PLASTIC BAGS TO YOUR BABY AS PLAYTHINGS.

COMING NEXT

- Discipline—It Starts Early
- Teething Is the Pits

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

5 MONTHS OLD

Jeff Wessman/Alta Bates Hospital

Dear Parents, Your baby is a bundle of energy!

Your baby is probably no longer content to just sit quietly and look around. He wants to move all the time and in all directions!

Babies at this age usually spend a lot of time examining, exploring, tasting, feeling, touching, and learning about EVERYTHING. As a result, your baby will demand more of your time and attention.

To help you live with this new energy spurt, try to keep your sense of humor and your patience. You will enjoy each other more if you can laugh together!

TOYS ARE FOR LEARNING

Tracy Borland

From this age on, your baby will be very interested in toys that can be touched, and examined, chewed, and sucked, such as rubber teethers, plastic discs, and rubber beads.

Your baby learns from play and likes to explore each toy to get the feel of it. She likes to take a toy and twist, shake, suck, move it from hand to hand, and bang it on other objects.

She is learning about nearness and distance, inside and outside, and position and placement of objects. She is discovering the world of objects, and developing a sense of space, form and texture.

WHAT'S IT LIKE TO BE

How I Grow

- I rock, roll, and twist my body.
- I kick my feet and suck on my toes.
- I keep my head and back straight when I sit, if you support my body.
- I stand up (if you hold me under my arms), jump up and down, and stamp my feet.
- I have pretty good aim when I grab at something.

How I Talk

- I watch your mouth and try to imitate you when you talk to me.
- I make sounds like ee, ah, ooh, da-da, bye-bye, ma-ma.
- I babble to myself, to my toys, and to people—I get attention that way!

How I Respond

- I may cry when I see strangers.
- I smile at familiar faces and voices.

Tracy Borland (6)

5 MONTHS OLD?

- I look around when I hear sounds.
- I make sounds and interrupt your conversations because I want attention.
- I want to touch, hold, turn, shake, and taste everything.
- I put a lot of energy into everything I do.

How I Understand

- I recognize my name.
- I can tell the difference between myself and others in the mirror.
- I am beginning to learn about my feelings.
- I look for something if I drop it.
- I remember what I just did.

How I Feel

- I cling to you when you hold me.
- I stop crying when you talk to me.
- I show fear, anger, and disgust.

QUESTIONS

"I think my daughter is teething. She wants to chew on everything, she is cranky, and she drools a lot. What can I do to make her feel more comfortable?"

It is quite normal for babies to get some teeth at this age. The first teeth usually appear at 6 months, but some babies get them as early as 3 months. Others don't get any teeth until they are a year or older.

As teeth push through the gums (usually the first teeth are the lower incisors), your baby may feel some soreness, and become cranky and irritable. You can ease the soreness by putting an ice cube in a clean cloth and rubbing it on her gums for a few minutes. Chilling a plastic or rubber teething ring in the refrigerator and then letting your baby chew on it may also relieve her.

Your baby may also drool a lot and have some diarrhea. If she continues to have diarrhea, it may not be teething that is bothering her. DON'T BLAME FEVER, VOMITING, DIARRHEA OR OTHER SIGNS OF ILLNESS ON TEETHING. If your baby shows any of these signs, have her checked by your doctor or clinic.

Feeding Your

Tracy Borland (4)

YOUR BABY MAY BE READY TO EAT SOME NEW FOODS

One New Food at a Time

Try one new food at a time and feed it every day for several days. Start with a single ingredient rather than mixed foods—for example, rice cereal instead of mixed cereal, or applesauce instead of mixed-fruit dessert. Once in a while, a new food causes vomiting, diarrhea, or a skin rash. By starting only one new food and by using a simple food, you will know what is to blame should a problem arise.

Vegetables and Fruits

You can start with a half teaspoon of a yellow vegetable, one to two times a day. For example, give the baby strained carrots for a few days before introducing another vegetable, such as strained squash. After a few weeks of yellow vegetables, you can offer strained or pureed green vegetables, such as spinach, peas, or green beans. Gradually increase the amount to 2 teaspoons.

Some babies love fruit. Others have a hard time digesting it. Pureed fruits, like applesauce or mashed ripe bananas, can be introduced after the baby is accustomed to eating vegetables. Again, start with a half teaspoon and work up to 2 teaspoons one to two times a day.

Commercially Prepared Baby Foods

You can buy jars of commercial baby food that are specially designed for infants. Remember to get only single-ingredient vegetables and fruits. Avoid using regular commercially canned foods for making baby food. Regular canned foods (that are not specially made for babies) have variable salt and lead contents. Although these foods may be used safely for adults and older children, they may not be as good for infants.

Home-Prepared Baby Foods

You may want to prepare some baby foods at home. Equipment can be as simple as a sieve or a strainer, a blender, or baby-food mill. It can be convenient and money-saving to use some of the regular family foods. However, most of the family's food is unsuitable for infants since it is usually prepared with salt, spices, sugar, or fat. You will have to take time to prepare foods separately, or remove your baby's portion before salt, sugar, or other seasonings are added.

Cleanliness

Cleanliness is a must when preparing, storing, heating, or serving baby food.

Before handling baby food, wash your hands thoroughly with hot water and soap. Clean you fingernails and check for infected cuts and hangnails. Infections can carry staphylococcus bacteria.

Keep equipment spotlessly clean. Wash in hot, soapy water. Rinse under hot running water and air dry. Do not dry with a towel.

Use a plastic cutting board rather than a wooden one.

Cooking Methods

STEAMING is one of the best cooking methods to preserve vitamins and minerals, particularly for vegetables. Use a steam basket, colander, or sieve to hold the food above boiling water and cook in the rising steam. Food may also be steam-cooked in an oven if it is wrapped in foil or placed in a covered roaster.

Baby

ROASTING or BROILING are both acceptable methods of cooking baby foods. Foods will probably need added liquid (meat broth or formula) to puree smoothly.

MICROWAVE COOKING is a good method, especially for vegetables that can be cooked quickly in very little water.

BOILING is an acceptable method of cooking vegetables and fruit, if you're careful to use only a small amount of water. Some of the water-soluble nutrients will dissolve in the cooking water. You can save these nutrients by using the cooking water to thin the pureed food to eating consistency. Simmering is a recommended method of cooking lean meat to prepare it for pureeing.

SUITABLE FOODS TO PREPARE FOR YOUR BABY

Fresh, home-canned, and frozen fruits and vegetables without sugar, salt, or seasonings.

UNSUITABLE FOODS TO PREPARE FOR YOUR BABY

Commercially canned fruits and vegetables (unless unsweetened, unsalted, and packed in glass).

DISCIPLINE
IT STARTS EARLY

Now that your baby is beginning to explore, you need to make sure his world is safe. Now's the time to begin using some controls, such as babyproofing the house, or distracting him from doing something harmful or annoying.

These controls are the beginning of discipline. Discipline also means guiding a child's actions to make him acceptable to others and to himself.

Babies under a year old are too young to understand the reasons for stopping something they are doing. For example, your baby may love to throw toys on the floor. He likes to hear the noise, watch the toys bounce, and thinks it's a great game!

It doesn't occur to him that the noise is bothering you. You may even think that he is being defiant, but he only thinks that toy-throwing is fun.

How to get the baby to stop? Remove the toys and distract him with something else he can do. Give him a hug, too.

If you can strike a balance between providing necessary controls, a sense of humor, and loving care, your baby will learn how to think and act responsibly.

Games Babies Play

Difficult-Sounds: A communication game

Tracy Borland

PURPOSE OF GAME

- Encourage your baby to imitate sounds and words.

HOW TO PLAY

- Hold your baby in your arms and first let her relax.
- Make sounds like "brr-own," "grrr-ate," "bzzz-y," "uh-oh," "aaa-all gone."
- Face her so she can watch your lips.
- Nuzzle or cuddle her after you make the sounds.
- Laugh, smile, or hug her gently when she makes the sounds.

Other communication games

- Any sound or word imitation games you play while facing your baby.

REMEMBER

CHECK WITH YOUR DOCTOR, CLINIC, OR PUBLIC HEALTH NURSE FOR INFORMATION ABOUT THE IMMUNIZATIONS THAT YOUR BABY NEEDS. KEEP A RECORD OF ALL SHOTS AND IMMUNIZATIONS. YOU WILL NEED THIS INFORMATION WHEN YOUR CHILD REGISTERS AT SCHOOL OR AT DAY CARE CENTERS.

If you have any questions or comments, please contact your local Cooperative Extension Office

WATCH OUT!
SAFETY AND HIGH CHAIRS

The U.S. Consumer Product Safety Commission estimates that in 1 year, 7,000 children have accidents involving high chairs. The majority are under 4 years of age, and nearly 25 percent are children 1 year old or younger.

Things to look for in a high chair to insure your baby's safety:

- Well built, sturdy.
- Wide at base so it won't tip over easily.
- Seat belt that fastens across waist to hold your baby in chair.
- Crotch strap that runs between legs to keep her from sliding out of chair.
- Tray that locks securely on each side.
- Belt buckles and tray locks that are handy for you to use, but which your baby can't work.
- Nonslippery seat. If seat seems very slippery, attach rough-surfaced adhesive strips to it.

The U.S. Consumer Product Safety Commission will give you information and answers to questions about high chairs if you call their TOLL-FREE number, 1-800-638-2772. (In certain counties, you may not need to dial the 1 before the 800. Check with your local operator.) Or you can write to: U.S. Consumer Product Safety Commission, Washington, D.C. 20207.

DO'S AND DON'TS OF HIGH CHAIR SAFETY:

- DO always use seat belt and strap.
- DO be sure tray is securely locked in place.
- DO be sure your baby's hands are out of the way when you lock tray.
- DO be sure there are no sharp edges or hardware to cut her or you.
- DON'T let your baby stand in the chair.
- DON'T leave the chair too close to a table or counter. She can push against it and overturn the chair.
- DON'T leave her alone in the chair.
- DON'T let other children climb on the chair.

COMING NEXT

- How to Help Baby Sleep Through the Night
- How Children Learn from Parents

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

PARENT EXPRESS is a publication of the Human Relations Program, University of California Cooperative Extension, Berkeley.

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This publication is issued to further Cooperative Extension work mandated by acts of Congress of May 8 and June 30, 1914. It was produced with the cooperation of the U.S. Department of Agriculture, Cornell Cooperative Extension, New York State College of Human Ecology, New York State College of Agriculture and Life Sciences, and New York State College of Veterinary Medicine, at Cornell University. Cornell Cooperative Extension provides equal program and employment opportunities. Lucinda A. Noble, Director.

Cornell Cooperative Extension – Helping You Put Knowledge to Work

25m-2/84-WC/ALS **REVISED FEBRUARY 1984**

ADAPTED AND DISTRIBUTED BY
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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

6 MONTHS OLD

Eliot Khuner

Dear Parents,
Your baby is half a year old!

Now that your baby has reached the half-year mark, he is probably spending most of his awake time sitting up, playing, babbling, looking, and touching everything. He may be driving you a little crazy because he wants to grab everything he sees. Try to be patient—he is learning about the world.

So far we have talked about how your baby grows each month. But another person has also grown—YOU.

CONGRATULATIONS – KEEP UP THE GOOD WORK!

WHAT'S IT LIKE TO BE

How I Grow

- I turn and twist in all directions.
- I roll from my back to my stomach.
- I sometimes sit up for as long as half an hour.
- I creep backwards and forwards with my stomach on the floor.
- I hold onto an object with one hand and then put it in the other hand.
- I hold one building block, reach for a second one, and look for a third one right away.
- I grab for an object when it drops.

How I Talk

- I make sounds like f, v, th, s, sh, sz, m, and n.
- I still babble a lot, but I have more control of sounds.
- I'm beginning to understand some words by the tone of voice you use.

How I Respond

- I pick up things, shake them, and then listen to the sound they make when I drop them.

Tracy Borland (3)

6 MONTHS OLD?

- I play games with people I know.
- I get upset when I'm around grown-up strangers, but I'm friendly to children I don't know.
- I coo, hum, or stop crying sometimes when I hear music.
- I keep very busy doing something all the time.

How I Understand

- I know that I have to use my hands to pick up something.
- I look at and study things for a long time.
- I turn objects upside down just to get another view of them.
- I turn when I hear my name.

How I Feel

- I haven't learned how to control my feelings yet.
- I complain and howl when I don't get my way.
- I giggle, coo, and squeal with joy when I'm happy.
- I have very strong likes and dislikes about food.

Leslie Medina

FATHERS, TALKING IS A WAY OF BEING CLOSE TO YOUR BABY

Leslie Medina

You don't have to feel funny talking to your baby because she can't talk back yet, or because you feel others are watching and judging you. When you answer your baby's babbling with words or noises that imitate her sounds, you are teaching your baby that sounds are one way we communicate with each other. It is a very important part of learning.

Babies who are spoken to often also learn to speak more easily. This is because they imitate the sounds and facial expressions of those who are talking to them. The more they are spoken to, the more practice they get. Notice how your baby watches your face as you talk to her.

So, the next time you find yourself feeling self-conscious, try to remember that your baby is learning from you. Communicating with others is one of the most important things we do. Help your baby with this skill!

Feeding Your

YOUR BABY IS PROBABLY EAGER TO LEARN HOW TO FEED HERSELF. SHE MAY BE MESSY AT FIRST, BUT SHE'LL IMPROVE WITH PRACTICE!

Encourage your baby to feed herself. Use "finger foods" such as crackers and small pieces of bread or toast. Let your 6-month-old baby help you handle the spoon. Sit behind her so she can hold the spoon, or your hand, and can learn movements to use later when she feeds herself.

Also let your baby try drinking small amounts of formula or fruit juice from a cup. When she becomes skillful at drinking, increase the amount.

Your baby will be messy when she is first learning how to feed herself. Try not to become overly concerned about neatness at this time. Be prepared with a bib or apron to protect her clothing. A large plastic dropcloth under your baby's chair will make cleanup easier.

Things to Remember

- Candy, sugar, presweetened cereals, sweet desserts (including baby desserts), fruit-flavored drinks, and soda pop all have little food value. These sweet foods should not be fed to your baby; they will spoil her appetite for more nourishing foods. They also will be harmful to your baby's teeth.
- Before buying jars of commercial baby food, check the "circle of safety" on the jar top. If the circle is depressed, then the jar is vacuum sealed. If the circle is pushed up, the vacuum seal has been broken, and the jar should not be bought or used because it may not be safe. *Another safety check*: Listen for a "pop" sound when you open a jar of baby food. It lets you know that you have just broken the vacuum seal.

BASIC RECIPES FOR PUREED BABY FOODS

These recipes are in 1 or 2 serving sizes. They may be doubled or tripled if you store food in a freezer that maintains a constant temperature of about 0°F (−18°C). Date and label containers, and after freezing, keep no longer than 1 month.

Fresh Fruit

Do not add sugar.

3/4 cup ripe fruit (uncooked peaches, nectarines, bananas*, pears, apricots, apples)
1 tsp. unsweetened fruit juice
1 tsp. lemon-flavored water (1 tsp. lemon juice to 1 cup water to prevent darkening)

Remove skin and seeds. Puree ingredients in babyfood mill or blender until smooth. Serve or freeze.
*Bananas do not freeze well.

Tracy Borland (3)

Baby

Cooked or Home-Canned Fruits

Use apples, pears, peaches, nectarines, apricots (not dried), or prunes.

- 1/2 cup freshly cooked or home-canned fruit, or cooked dried prunes (all without sugar)
- 2 to 4 tsp. liquid (unsweetened fruit juice, water, or formula)

Remove skin (except apricot and prune skins) and seeds. Press through sieve, or place ingredients in babyfood mill or blender, and puree until smooth. Serve or freeze.
Hint: Apples such as Jonathans and Winesaps are better for cooking than Delicious varieties.

Vegetables

Do not add salt, sugar, or fat.

- 1/2 cup cooked fresh, frozen, or canned vegetables without salt (sweet or white potatoes, green beans, peas, carrots, yellow squash)
- 2 to 4 Tbsp. cooking liquid, formula, or water.

Cook fresh vegetables or use frozen or home-canned vegetables without salt or seasoning. Read ingredients on label to be sure. Press vegetable chunks through sieve or babyfood mill. Thin with cooking liquid or formula to eating consistency. Or place cooked vegetable and liquid in blender, and puree until smooth. Serve or freeze.
Note: After the vegetables have been fed individually several times, some good combinations are potatoes-and-carrots, potatoes-and-green beans, and carrots-and-peas.

QUESTIONS

Arlene Reiff

"My baby wakes up almost every night and cries until I go to him. Then he wants to play instead of sleep! What can I do?"

Some babies have a hard time sleeping at night. They spend the entire day exploring and playing, and then at night, even though they are exhausted, they have trouble settling down. They wake up during the night and want to play, or practice their new skill of standing up in bed.

Parents have to gently but firmly let their babies know that it is bedtime, not playtime. When your baby wakes up in the night, go to him. Pick him up, cuddle him, talk to him, change his diaper, and then put him down on his tummy to sleep. Tell him firmly that it is bedtime and that he must try to go to sleep.

You can also try spending some quiet time with him before bedtime. Read from a favorite book, play a quiet game together, or hold him closely and sing to him before putting him down for the night.

WATCH OUT!

TAKE GOOD CARE OF YOUR BACK; IT'S THE ONLY ONE YOU'VE GOT!

Protect yourself from future back problems. For instance, when you pick up your baby, DON'T bend over from the waist. Instead, bend your knees, and kneel or squat, keeping your back as straight as possible. Hold onto your baby, and straighten up from the knee-bend or squat position. MAKE YOUR KNEES, NOT YOUR BACK, DO YOUR WORK.

Use the same kind of knee-bends or squats, with your back straight, when you want to pick up something from the floor. This will help prevent back strain.

REMEMBER TO WATCH YOUR POSTURE. When standing or sitting, hold your back straight and pull in your stomach. Good posture will help protect your back from future aches and pains.

Tracy Borland (2)

Games Babies Play

Get-What-You-Want: A using-a-tool game

PURPOSE OF GAME

- Encourage your baby to use objects as tools for getting what he wants.

HOW TO PLAY

- Put your baby in a sitting position on the floor. (You can sit beside or in front of him.)
- Place a small blanket within his reach.
- Put a favorite toy on the blanket, but place it out of reach.
- If your baby does not pull the blanket to get the toy, push the blanket towards him until he can reach the toy.
- Use action words to describe what he is doing, like "See, you got the ball by pulling the blanket."
- You can use towels, potholders, or pillows instead of a blanket.

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

PARENTS SET EXAMPLES FOR THEIR FAMILIES

CHILDREN LEARN FROM WATCHING PARENTS

When raising their children, many parents either do what their own parents did, or do just the opposite. What do you copy from your parents? What do you do that is different? Have you thought about why you copy some things and reject others?

Even though your baby is only 6 months old, she is learning from your example. That is why it is so important to think about the examples and patterns you are setting, even at this early age. Once set, patterns of family life are hard to change.

Some patterns that influence your child's life, are:

- How you talk to each other.
- How you work out problems.
- How you show your feelings.

REMEMBER—YOU ARE THE MOST IMPORTANT INFLUENCE IN YOUR CHILD'S LIFE.

COMING NEXT

- Be Your Own Best Friend
- Talking Honestly with a Partner

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

PARENT EXPRESS is a publication of the Human Relations Program, University of California Cooperative Extension, Berkeley.

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25m-2/84-WC/ALS **REVISED FEBRUARY 1984**

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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

7 MONTHS OLD

Tracy Borland (2)

Dear Parents, Your baby's world is growing!

Have you noticed how your baby is fascinated by her hands? How she makes a fist? Claps her hands? How she just loves to poke your face with her fingers? At this age, your baby is interested in everything!

You can encourage her wonderful curiosity by playing simple games with her. Clap hands to music together. Play peek-a-boo, or a naming game, where you point to different things and name them.

REMEMBER THAT PLAYING IS A FORM OF TEACHING AND YOU ARE YOUR BABY'S MOST IMPORTANT TEACHER.

A NEW INDEPENDENCE

TEMPER AND FRUSTRATION— A PART OF GROWING PAINS.

Your baby moves into another room to explore and satisfy his curiosity. He doesn't see you, gets scared, and starts to howl. Or you leave the room. He begins to cry because he is frightened of being separated from you. Or he drops a toy out sight. He screams with anger because he can no longer see or get to it, and he wants it back immediately.

Now that your baby is able to get around more on his own, life is more exciting, but scary and frustrating too. Don't be surprised if he begins to show some signs of temper or frustration—most babies do at this age. Temper and frustration are very normal. They will pass as he gets older, feels more comfortable, and is more skillful in moving around.

Give him some extra cuddling during these bursts of independence. Remember that he can always use some loving, and so can you!

WHAT'S IT LIKE TO BE

Tracy Borland

Tracy Borland

Leslie Medine

How I Grow

- I creep on my stomach—I may even crawl.
- I also get around on my back by raising my behind and pushing with my feet.
- I balance myself and sit for awhile without any support.
- I keep my legs straight when you pull me up, and I try to stand by myself.
- I explore my body with my mouth and hands.
- I can keep my diaper dry for up to 2 hours.
- I may have some teeth.
- I feed myself finger foods—I'm pretty messy!
- I play with a spoon and a cup, but I'm not so good at using them yet.

How I Talk

- I imitate the sounds I hear—that's how I learn.
- I say several sounds like ma, mu, da, di, and ba, all in one breath.

How I Respond

- I want to be included in all family activities.
- I like to see and touch myself in the mirror.
- I get excited when I see a picture of a baby, thinking it's me.
- I like toys that make noise like bells, music boxes, or rattles.
- I like to grab, shake, and bang things, and put them in my mouth.

7 MONTHS OLD?

How I Understand

- I concentrate better now and spend lots of time examining things.
- I know the difference in the size of blocks.
- I can tell if something is near or far.
- I can tell when people are angry or happy by the way they look and talk.

How I Feel

- I fear strangers, so stay with me when they are around.
- I feel strongly about what I want and don't want to do.
- I feel playful and like to tease.

Leslie Medine

Tracy Borland

Tracy Borland

Feeding Your Baby

YOU CAN START FEEDING YOUR BABY STRAINED MEATS AND OTHER PROTEIN FOODS, BREADS, AND FRUIT JUICES.

PROTEIN FOODS

Between the seventh and the ninth month, you can start adding meats, or meat alternatives, whole grain or enriched breads, and fruit juices to your baby's daily diet. You can either buy ready-to-eat meat alternatives such as poultry, fish, and egg yolk or prepare them at home. You should give your baby about 1 to 2 tablespoons, twice a day. Prepare or buy only plain, single-ingredient items such as jars of strained chicken, strained beef, strained liver, and strained fish. Remember, there is as much protein in 1 jar of strained chicken as there is in more than 4 jars of strained chicken and noodles.

Here's a single-ingredient recipe that you can prepare at home and freeze.

EGG YOLK PUREE

Cook 1 egg in simmering water 15 to 20 minutes. Remove shell. Remove yolk, and puree with 1 tablespoon formula or milk until smooth.

Serve, or date and label contents, freeze, and keep no longer than 1 month.

Note: Use only the yolk. Egg white is often not given until late in the first year to avoid problems with allergies. Use the egg white in the family's casseroles, salads, or sandwiches.

BREADS

You can try giving your baby up to 1 serving of whole grain or enriched breads such as toast, crackers, or hard biscuits. (If your baby is teething, chewing on biscuits will feel good.)

FRUIT JUICES

You can offer your baby 3 to 4 ounces of a vitamin-C rich fruit juice, such as orange or grapefruit.

Tracy Borland (2)

FOODS TO PREPARE

- Fresh and frozen fruit juice without added sugar.
- Fresh and frozen meats, poultry, or fish without added salt.

FOODS TO AVOID

- Fruit drinks and imitation flavored fruit ades.
- Meat products with salt, sugar, seasonings, and other additives (for example, bacon, bologna, hot dogs, frozen meat pies, etc.).

ABOUT WEANING

Some mothers decide to wean their babies from the breast or bottle about now. Others wait until later on. When you decide to wean your baby, try to do it gradually over a period of several weeks. During the weaning period, be sure to give your baby some extra hugs and kisses.

Games Babies Play

The Mirror: An eyes-and-hands game

Tracy Borland

PURPOSE OF GAME

- Helps your baby be aware of her own appearance.

HOW TO PLAY

- Stand in front of a mirror with your baby, and point to her reflection.
- Using her name, say, "I see Tina. Where is Tina? Find Tina. Look at Tina." Encourage her to point to herself in the mirror.
- Still sitting in front of the mirror, do the same thing with objects. Pick them up one at a time and move them behind your baby's head.
- Name the objects, telling your baby something about them, such as "This is a ball, and it's round."
- Then ask your baby, "Where is the ball?" and encourage her to point to it in the mirror.

Other eyes-and-hands games

- Let your baby play with toys in front of a wall mirror or dresser mirror.
- Let other people sit with your baby in front of the mirror and say their names.

COMING NEXT

- Fear of Strangers
- Babyproofing the Home

BE YOUR OWN BEST FRIEND— GIVE YOURSELF A PAT ON THE BACK!

Remember how you felt just before your baby was born? And during those first hectic months?

Now may be a good time to think about how your feelings as a parent have changed during these past months.

Are you feeling more confident and relaxed now about bringing up your baby? Are there still times when you feel unsure of yourself and guilty that you're not the "perfect" parent? Well, you know that there is no such thing as the "perfect" parent.

Often we expect too much from ourselves. It's impossible to be patient, understanding, and loving all the time. We just try to do the best we can. Yet many parents feel guilty and discouraged if they don't live up to how they think they should be as a parent. They have a whole list of "shoulds," such as:

- I should *never* get mad at my baby.
- I should *always* put the baby's needs ahead of mine.
- I should be patient at *all* times.
- I should *always* have dinner ready when my partner comes home, no matter how tired I am.

What are some of your "shoulds"? One way to find out is to make a list. Try, for example, to fill in the following sentences. Just write down any thoughts that come to your mind:

- A good mother should _____
  _____
  _____
- When my baby cries, I should _____
  _____
  _____
- When I'm tired, and my baby is cranky, I should _____
  _____
  _____
- As a parent, I should never _____
  _____
  _____
- As a parent, I should always _____
  _____
  _____

Now make up some of your own "should" sentences.

You might want to think about where your "shoulds" are coming from—your own parents? your friends?

DON'T BE TOO TOUGH ON YOURSELF. Instead of putting yourself down with your list of "shoulds," try to accept your feelings and realize it's not easy to be all things to all people—even little babies. Remember, too... NOBODY'S PERFECT.

BE A GOOD FRIEND TO YOURSELF.

QUESTIONS

"Ever since we had the baby, there's been a lot of strain between me and my partner. We never seem to have time just to sit and talk anymore. I can't seem to tell him how I feel. Things really seem to be piling up between us. Do you have any suggestions?"

Many new parents feel just as you do. Their lives are so busy with all the added demands a new baby brings, that it's hard to find the time to work things out.

As difficult as it may be, it's important to make the time and openly talk about what's bothering you. Chances are your partner has been storing up some gripes too.

Here are some ways to make it easier for both of you:

- *Set up a "date"*—Reserve a special time (or times) each week when you can be together to talk without distractions.
- *Use "I" messages*—Tell him how you are feeling without blaming him. Make sure you put YOURSELF in your communication. Instead of saying "*You* always put me down," say "*I* feel put down when you tell me . . . " By using "I" messages, your partner will not feel blamed or accused.
- *Be direct*—Say what you mean, rather than hoping he will guess or know what you mean. Instead of saying "The living room has been looking messy lately," say "I get upset when you leave your boots in the living room and expect me to pick them up."
- *Avoid the question trap*—Asking questions is often a poor substitute for direct communication. Instead of "Why didn't you call to tell me you'd be late?" say "I was worried that something had happened to you when you didn't come home at the usual time. Next time call me, so I won't worry."

  Tip: When you feel you are about to ask a question, stop and listen to yourself. Try to identify your real feelings and then say them in a statement instead of a question.

- *Be sure to listen*—Give him a chance to air his feelings and gripes. Don't interrupt, jump to conclusions, preach, or quickly offer advice. Check back with him to see if you really understood him; for example, say "Let me see if I understand. Are you saying that . . . ?"

It's normal for new parents to have many mixed feelings. If you use these basic communication skills, you may be able to find solutions to problems before they get out of hand.

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

ACKNOWLEDGEMENTS

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This publication is issued to further Cooperative Extension work mandated by acts of Congress of May 8 and June 30, 1914. It was produced with the cooperation of the U.S. Department of Agriculture, Cornell Cooperative Extension, New York State College of Human Ecology, New York State College of Agriculture and Life Sciences, and New York State College of Veterinary Medicine, at Cornell University. Cornell Cooperative Extension provides equal program and employment opportunities. Lucinda A. Noble, Director.

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25m-2/84-WC/ALS **REVISED FEBRUARY 1984**

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DEVELOPED BY
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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

8 MONTHS OLD

Tracy Borland

Dear Parents, This is the age of curiosity!

Imagine that you are 8 months old. You try to talk but no one seems to understand your language. You try to walk but you're not quite sure how to do it yet. You reach out to touch things that are shiny, soft, hard, smooth, or sticky but everyone tells you "NO-NO—DON'T TOUCH." How would you feel? A little frustrated, you can bet! Well, that's how your baby feels at this age. He is very curious and wants to find out about all the fascinating things that surround him.

OPEN UP THE WORLD TO HIM. LOVINGLY AND SAFELY GUIDE HIM WHILE HE EXAMINES, EXPLORES, AND SATISFIES HIS CURIOSITY.

WAYS TO MAKE IT EASIER FOR TEENAGE PARENTS

If you are a teenage parent, chances are you're living at home with your family. Sometimes problems come up because you're a mother to your child, and still a child to your own parents. Being a mother and a daughter—at the same time, in the same household—can be hard for both you and your parents.

Does your mother sometimes act like the baby is hers, not yours? Does she keep telling you she knows what's best?

Do you resent still being treated like a child? And yet do you wish at times that your mother would take over so you could be like your friends?

And what about dating? Do your parents get all tense at the idea of you going out? Remember that it may be hard for them to tell you their worries. For example, they may be afraid that you'll get pregnant again.

Here are some ideas that may help you get along better with your parents:

- Try to talk out your feelings calmly and patiently.
- Try to listen to your parents' reasons and fears and understand why they feel the way they do.
- Try to show by the way you act that you are a responsible person.

WHAT'S IT LIKE TO BE

Tracy Borland

How I Grow

- I crawl backwards and forwards on my stomach.
- I pull myself up by holding onto furniture, but I have difficulty getting back down.
- I stand up if I lean against something.
- I sit without any support for several minutes.
- I reach for things and hold them with my thumb and first and second fingers.
- I hold onto a toy, like a rattle, for several minutes.
- I pick up small things like pieces of string.

Tracy Borland

How I Talk

- I let you know if I am happy, sad, or scared by the sounds that I make.
- I still babble a lot and shout to get attention.
- I say two syllable sounds like choo-choo, da-da, and ma-ma.
- I recognize some words.
- I watch and try to imitate your mouth movements.

Arlene Reiff

How I Respond

- I like to pat and kiss my reflection in the mirror.
- I turn and listen when I hear familiar sounds like the telephone or my name.
- I love to imitate people I know.

8 MONTHS OLD?

How I Understand

- I am very curious and want to explore everything.
- I know how to solve simple problems, such as making a toy bell ring.
- I understand the meaning of "in" and "out."
- I remember events that just happened.

How I Feel

- I am frightened by new experiences and new people.
- I'm upset when you leave me, even if it's for a short time.
- I feel so relieved when you return.
- I'm upset when people make a lot of fuss over me.
- I get frustrated or lose my temper when I can't find something.

Tracy Borland (3)

Feeding Your Baby

AT THIS AGE, MOST BABIES ENJOY FORK-MASHED FOODS IN ADDITION TO PUREED FOODS.

Tracy Borland (3)

Now that your baby is 8 months old and may have some teeth, you can fork-mash vegetables and fruits, in addition to straining or pureeing them. Mash a favorite vegetable thoroughly with a fork or you can use a potato masher for mashing foods like ripe bananas and cooked apples, winter squash, white or sweet potatoes, or carrots. Make sure the food contains no lumps, pieces of skin, strings, or seeds. The consistency will be a little thicker than pureed food.

Meats are good for your baby, too, but do not give her fried meats. Trim all fat from the meat and mash it thoroughly with a fork.

Cooked foods may be strained through a fine mesh sieve or strainer. A sieve is also useful for steam-cooking small amounts of food for your baby. Be sure that all food particles are removed when you wash the strainer.

BE CAREFUL . . .

- Do not add salt, sugar, or seasonings to baby foods. Foods that taste bland to an adult are a new taste experience to an infant. Some sodium is necessary for good health, but there is enough natural sodium in foods. Added salt will provide too much sodium for a small baby and can even be harmful.

- Do not feed honey to your baby during her first year. Honey may carry botulism spores that can harm her.
- Do not use "leftovers" to make baby foods. Leftover foods are likely to have higher levels of bacterial contamination than freshly prepared foods.
- Do not feed your baby raw eggs or raw milk. These raw foods may be sources of infections that can be dangerous for her.

- Do not feed yqur baby chunky foods such as corn, nuts, popcorn, and seeds, or coarse textured foods, such as cookies that crumble easily. Such foods are difficult for your baby to eat, and they may make her choke.
- Do not be afraid to serve foods cold. Most babies will accept cold food. If you want to warm your baby's food, do it just before serving.
- Remember, with a little patience, you can help your baby appreciate a wide variety of tastes and textures in new foods.

Games Babies Play

Little Piggy: A communication game

Tracy Borland

PURPOSE OF GAME

- Teaches your baby to learn about his body.
- Helps your baby to become interested in playing games with others.

HOW TO PLAY

- Your baby can be sitting and facing you, lying on his back, or sitting on your lap.
- Hold your baby's big toe between your thumb and index finger and say, "This little piggy went to market."
- Hold the second toe and say, "This little piggy stayed home."
- Hold the next toe and say, "This little piggy had roast beef."
- Hold the next toe and say, "This little piggy had none."
- Hold the little toe and say, "And this little piggy cried wee, wee, wee, all the way home."

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

WATCH OUT!

KEEP YOUR BABY SAFE. BABYPROOF YOUR HOUSE!

To get an idea of what the world looks like to your baby, get down on the floor and look around! Don't things look big and exciting? Wouldn't you be tempted to explore? No wonder your baby tries to satisfy her curiosity and touches everything! Now that she is getting better at moving around, it's a good time to babyproof your home.

- Make sure there are no sharp edges on furniture or loose cords dangling from lamps.
- Keep pot handles turned so they don't hang over the stove front or sides.
- Insert plastic safety caps in all unused electric outlets.
- Keep drawers and cabinet doors shut.
- Unplug appliances when not in use.
- Remove all plastic bags, especially ones from dry cleaning stores. Throw them away or put them out of your baby's reach.
- Don't leave uninflated or burst toy balloons around. Your baby will try to swallow them.
- Check the house for small objects like buttons, coins, needles, rubber bands, bottle tops, and razor blades. Put them in a safe place.
- Place safety gates at the top or bottom of stairs.
- Open only those windows that are out of your baby's reach. If you must open low windows, open them only a little to make sure your baby can't fall out.
- Lock all medicines in a medicine cabinet out of reach.
- Remove all cleaning aids (detergents, ammonia, etc.) from under the sink and move to a high shelf or locked cabinet.
- Keep cosmetic and beauty items out of your baby's reach.
- Ensure that drapery or venetian blind cords are kept out of your baby's reach.

In case of emergency, you and your family should know the phone numbers of the nearest hospital, and the fire and police departments. Make a list of phone numbers and keep it in a handy place.

Safety information on babyproofing your home is available from the U.S. Consumer Product Safety Commission, Washington, D.C. 20207. You can also call their toll free Hotline for Consumer Product Safety Information: 1-800-638-2772. (In certain counties, you may not need to dial the 1 before the 800. Check your local operator.)

QUESTIONS

Tracy Borland

"My baby has suddenly become scared and shy of strangers. She sometimes cries even when my mother comes to visit. Why does she act this way, and what can I do to help her overcome this fear?"

First of all, don't worry. A fear of strangers at this age is normal. Babies are beginning to develop a sense of self and others, an important step in growing up. They are afraid because they know the difference between close family members and strangers. So they often become upset when someone they don't know hovers around them.

Some babies howl or whimper with genuine fear. Others cling to their mothers and refuse to let go. Some babies, just like adults, develop an instant dislike for a person.

However she reacts, comfort your baby if she is fearful of strangers. Hold her close to let her know that you love her and she is safe. If you are embarrassed, explain to friends or relatives not to take it personally—that your baby needs time to get used to people. Ask them not to rush up to her or try to pick her up. As your baby gets older she will feel more secure and more comfortable with other people.

SETTING FAMILY RULES

Parents used to think that the only way children developed into responsible adults was through strict discipline, and the rule "Children should be seen but not heard." Today, many parents try to set family rules that are not so strict.

Even though your baby is only 8 months old, it's not too early to start setting your family rules. For example, when you say "Don't touch the stove—it's hot," you are teaching a basic rule of safety.

Now is a good time to decide:

- What your family rules will be
- Who will make the rules.
- How your baby will learn them.

To teach your baby what is allowed in your family, be honest about your feelings and say what you mean. For example, if he does something you don't like, tell him not to do it any more and explain why. You will get your message across by being firm in your voice, in your manner, and in your actions.

As your baby develops, he will learn what the limits are in your home, and it will be easier on all of you!

COMING NEXT

- Discipline—What Is It?
- A Special Time for Baby and You

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

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25m-2/84-WC/ALS **REVISED FEBRUARY 1984**

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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

9 MONTHS OLD

Tracy Borland (2)

Dear Parents, When you feel good, your baby does, too!

You have plenty of reasons for feeling good about yourself. You have done a great job of raising this little 9-month-old baby. And of course, if you feel good about yourself, your baby will feel good about herself, too.

When you feel good about the kind of person you are, you can tackle almost anything. That's why it's important to cheer your baby on when she tries new things. Everytime there is a "first" in her life—crawling, walking, talking, hitting a ball, etc.—praise her, and give her the self-confidence she needs. These are all big accomplishments for her.

REMEMBER

ALL BABIES ARE DIFFERENT AND GROW AT THEIR OWN PACE. SO DON'T WORRY IF YOUR BABY ISN'T DOING EXACTLY THE SAME THINGS AS OTHER BABIES AT THE SAME AGE.

WHAT'S IT LIKE TO BE

Tracy Borland

How I Grow

- I crawl and turn around, holding onto something with one hand.
- I crawl up stairs, too.
- I sit by myself and turn my body all the way around without losing balance.
- I may be able to stand up and sit down without pulling on furniture.
- I stand for a little while when my hand is held.
- I side-step along furniture.
- I try to build towers with blocks or toys.
- I poke my fingers into holes, or into anything that looks interesting.
- I pick up small things with my first finger and thumb, and larger things with both hands.

Tracy Borland

Arlene Reiff

9 MONTHS OLD?

How I Talk

- I understand some words, my name, and simple sentences.
- I repeat one or several sounds over and over.
- I like to cough, click my tongue, and make hissing noises.
- I listen to people talking and try to imitate the sounds.

How I Respond

- I like to watch people scribbling on paper.
- I like to perform for people and love it when they applaud.
- I want praise for all my accomplishments.

How I Understand

- I try to figure things out by myself.
- I know that if I partly cover my eyes or look upside down, everything will look different!
- I know which toys are mine and get upset when they are taken away.
- I can remember a game, a person, or a toy from the day before.
- I can tell what kind of mood people are in by looking at them.

How I Feel

- I'm very sensitive. If I see another baby crying, I will cry too.
- I am afraid of a lot of things that didn't bother me before, like taking a bath.
- I am afraid of heights.
- I am very determined and sometimes stubborn—that's all part of my growing up!

Tracy Borland

Tracy Borland

Feeding Your Baby

Tracy Borland

Tracy Borland

YOUR BABY IS LEARNING HOW TO FEED HIMSELF!

Does your baby hold most foods while eating? Or drink from a cup (with a little help)? Or hold and lick the spoon after it is dipped into food? These are the first steps in learning how to eat by himself. You can help him practice by giving him some of the following finger foods:

- Pieces of soft, mild cheese
- Bits of soft toast
- Graham crackers
- Cooked vegetable strips or slices
- Small, tender pieces of meat
- Peeled, soft fruit wedges or slices

Praise your baby while he is feeding himself, even if he is very messy. If the mess really bothers you, spread some newspapers under your baby's chair to catch any food that he drops.

No Seasonings

Although you may find unseasoned foods bland or tasteless, your baby does not. By now your little one can eat most of the things you cook for the rest of the family. Just take out your baby's food before you add salt or other seasonings for the rest of the family.

DON'T GIVE YOUR BABY NUTS, SEEDS, OR RAW VEGETABLES UNLESS THEY ARE MASHED OR SHREDDED. AVOID ALL SMALL, HARD FOODS (SUCH AS POPCORN) THAT CAN CHOKE HIM.

REMEMBER THAT MEALTIME SHOULD BE A PLEASANT TIME FOR YOU AS WELL AS FOR YOUR BABY.

Games Babies Play

Tracy Borland (2)

The Name Game: A communication game

PURPOSE OF GAME

- Helps your baby learn that everything has a name.
- Encourages your baby to imitate the sounds you make when you're naming objects.

HOW TO PLAY

- Let your baby sit in your lap while you hold a magazine.
- Point out and name at least ten objects pictured in the magazine.
- Point to the object, name it, and say, "See the car. Look at the dog."
- While you are pointing, you can sometimes ask your baby, "What is that?" Wait a few seconds and then say something like "That's a car!"

Note: Your baby will not understand all the words you use. However, he will hear the different tones of your voice. They will help him become aware of language.

DISCIPLINE DOESN'T MEAN PUNISHMENT IT MEANS TEACHING AND GUIDING

For babies under a year old, discipline is pretty simple. It means teaching limits through loving care and guidance. The key to this teaching is REWARD.

You reward your baby when he does something you approve of, and you distract him when he does something you don't like. For example, when your baby makes sounds and tries to talk, you reward him with a smile. When he does something annoying or touches something you don't want him to have, you distract him by offering another toy, or you direct his attention to something else.

SLAPPING YOUR BABY WILL NOT TEACH HIM TO BE GOOD.

He won't even know why he is being hit. Instead, he will learn that:

- He should be afraid of you.
- It's O.K. to hit others.
- When he grows up, it is O.K. to hit his own children.

Tracy Borland (3)

Sometimes your baby will not be happy with the decisions you make and will make a fuss. You even may be tempted to give in to his demands. But keep in mind that setting limits is necessary for your child's safety and welfare.

It is possible to set limits while allowing your child the freedom to explore and grow. Stick to those limits and be firm in your guidance.

EVEN WHEN YOU ARE SETTING LIMITS, YOUR BABY KNOWS THAT YOU CARE FOR HIM.

A SPECIAL TIME FOR YOUR BABY AND YOU

Tracy Borland

It's so easy to get caught up in day-to-day routines and pressures that you may overlook the need for a special time for you and your baby.

Think about setting aside a special time each day—a time when you can give your baby your undivided attention WITH NO INTERRUPTIONS.

The length of time is up to you, depending on how busy your schedule is. Even a small pocket of time—perhaps 15 minutes a day—can mean a lot for both of you. It can mean a time to enjoy and appreciate each other.

How can you spend this special time? Sing, read, play or listen to music. Relax together. Cuddle. Enjoy just being together.

To help your baby understand how much time you'll have together, point to the clock to show when this special time will start and end. As your baby gets older, she will eagerly look forward to this pocket of time for "just the two of us."

COMING NEXT

- Open Letter from Baby
- Temper Tantrums

QUESTIONS

Tracy Borland

"My mother is always telling me how to take care of my baby. I know she means well, but I get really upset that she questions everything I do. How can I talk to her about this without hurting her feelings?"

Relatives, especially grandparents, can be very special people in your baby's life. This is especially true if you are a single parent, a teenage parent, or if you live at home. Grandparents can provide warmth, security, and loving care for your baby. But sometimes, they think they know "what's best" for your baby and they try to tell you what to do every step of the way.

If this happens often, then it's a good idea to talk openly about your feelings. Discuss your feelings about child rearing. Listen to their ideas, and gently remind them that YOU are your baby's parent and are directly responsible for your child. Let them know that they play an important role in the growth of your child, so that they won't feel that you are casting them out. Come to an understanding of what the grandparent relationship means for your baby, as well as for you. Let them know how YOU want to raise your child, *with their help.*

If you have any questions or comments, please contact your local Cooperative Extension Office

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A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

10 MONTHS OLD

Tracy Borland

Dear Parents, When in doubt, use your own judgment!

Nowadays, you may feel bombarded with advice from many sources. Since the "experts" are sometimes not in agreement, you may be confused when one person tells you one thing and someone else tells you another.

If you have been overloaded with advice, then stop for a minute and back up. Summon your own resources. Do what you think is best, and rely on your own judgment.

You have done an outstanding job as a parent so far.

Rely on yourself and keep up the good work.

QUESTIONS

Tracy Borland

"My daughter crawls around and pulls everything out of cupboards and drawers. On the one hand, I feel I should let her explore, but on the other hand, I'm worried that this will become a bad habit if I don't do anything about it. What do you suggest?"

Don't worry about your baby getting into bad habits yet. BABIES AT THIS AGE CREATE CLUTTER. A healthy, 10-month-old baby is only doing what comes naturally at this age—exploring. She pulls things out of drawers, turns furniture over, drags toys all over the house, and examines anything she can touch. She is not doing it just to spite you or any other member of your family.

Very soon, your daughter will be walking and running and won't have the time to sit still and clutter up the entire home. She is just going through a normal stage in her development and will outgrow it soon.

WHAT'S IT LIKE TO BE

Gayle Nelson

How I Grow

- I crawl up stairs, but I haven't learned how to get back down yet.
- I walk if you hold my hands.
- I side-step, holding onto furniture, to get around a room.
- I sit down from a standing position.
- I climb up onto chairs, and then climb down again.
- I am beginning to show whether I'm right-handed or left-handed.
- I carry things in one hand without dropping them.
- I point to the right parts of my body when you ask me where they are.
- I feed myself, and I help hold my cup.
- I may have trouble sleeping at night, because I'm restless.

Tracy Borland (5)

10 MONTHS OLD?

How I Talk

- I understand simple sentences.
- I can say "no" and shake my head from side to side.
- I know a few words besides ma-ma and da-da.
- I am interested in conversations when I hear familiar words.
- I may drive you crazy because I like to repeat the same words all day long.

How I Respond

- I react to your approval and disapproval.
- I cry if another child gets more attention than me.
- I still don't like being away from you.
- I like to imitate people, gestures, and sounds.

How I Understand

- I know which toys belong to me, and I have some favorites.
- I will look for something, if I see you hide it.
- I know that if I don't see a toy, that doesn't mean it's gone forever.
- I am beginning to know that I am a boy or a girl.
- I AM BEGINNING TO THINK OF MYSELF AS A PERSON.

How I Feel

- I have many feelings now—sad, happy, mad, scared, hurt.
- I am very moody and get easily upset.
- I may still feel shy around people.
- I am very sensitive to other children's moods.

AN OPEN LETTER FROM YOUR BABY

HI MOM OR DAD,

I know it isn't easy being a parent and I do demand a lot from you. But don't forget, it isn't easy being a baby, either!

Now that I'm growing older, I'm going through a lot of new experiences. You can help me by trying to understand what upsets me.

Don't worry when I get scared. Fear sometimes is the price I have to pay for learning about myself and the world I live in.

I get tense when I have to face new situations, like strangers, animals, the dark, or being separated from you. And I cry because I can't talk yet and tell you what's frightening me.

Here are some fears that I have and some ways you can help me to live with them!

Fear of Falling

When I crawl around, I may get going too fast and fall on my face. I start to cry and look at you. Please comfort me and tell me everything is okay. A gentle pat on my back and a smile will also make me feel better.

Fear of the Dark

Sometimes I wake up at night in a dark room and no one is around. I start thinking that I'm all alone and I don't like that feeling. Come in and talk to me for a few minutes. Or leave a small light on so that I can see that there's nothing to be afraid of.

Fear of Separation

When you leave, I start to howl. That's because I think that you, the most important person in my life, are leaving me for good. A few brief words of love while telling me that you will return will help. After a while, I will learn that you always come back for me.

Fear of Objects

Don't be surprised if an appliance, like a vacuum cleaner or a carpet sweeper that never bothered me before, suddenly makes me cry. Now that I am becoming more aware, I won't feel so scared if you hold me while you show me how the machine works.

Fear of Animals

Please keep dogs and cats away from me until I get more used to animals. When you look at a dog or a cat, you see a dog or a cat. But when I look, I see a giant beast. If you cuddle me and hold me close, I will feel safe.

P.S.—Please don't try to make changes in my life too quickly. Give me a lot of time to get used to new situations, people, or animals. Everything that I see, taste, smell, hear, or feel is a new experience for me, and I need time to understand them.

P.P.S.—Please be patient and gentle with me. Give me a lot of love and affection, and I will grow up knowing that the world is not such a frightening place to live in.

Feeding Your Baby

WHILE YOU ARE FEEDING YOUR BABY, YOUR BABY MAY BE FEEDING THE FLOOR!

Tracy Borland

Most babies don't learn how to use a spoon well until after their first birthday. The food that they try to pick up with a spoon sometimes lands on the floor. But they are learning, and they need practice to become skillful with a spoon. Here are some foods that will stick to the spoon when scooped up. Your baby can enjoy them while practicing his spoon skills:

- **Yogurt**
- **Applesauce**
- **Mashed potatoes**
- **Cooked cereal (oatmeal, cream of rice, or wheat)**
- **Cottage cheese**
- **Macaroni and cheese**
- **Mashed cooked beans**

Remember to make mealtimes happy, not frustrating. Hungry babies want to eat. It's up to parents and other caretakers to help babies develop a good attitude about food. How? With lots of praise, a little patience, and encouragement, your baby can learn a wide variety of tastes and textures in new foods. Good food habits start in infancy.

Games Babies Play

Which-Hand-Is-It-In?

A things-don't-disappear game

PURPOSE OF GAME

- Teaches your baby that things don't disappear just because they are not in sight.
- Teaches your baby to get information from words.

HOW TO PLAY

- Hold a small object in one of your hands and show your baby the object.
- Switch the object back and forth between your hands several times.
- Show both hands closed and say, "Which hand is it in?"
    - When your baby reaches for one of your hands, say either, "No, it's not in this hand." (quickly open your hand) "This hand is empty. Where is it?" or "Yes, it's in this hand." Then quickly open your hand.

Other things-don't-disappear games

- Hide a toy under towels.
- Hide a ball under one of several cups.

TEMPER TANTRUMS . .

HOW TO DEAL WITH THEM

Leslie Medina

Let's say that your baby starts to crawl up some stairs. He gets halfway up, turns around, and tries to come back down. It looks a long way down. He doesn't know how to do it. He starts to howl and have a temper tantrum. Or your baby wants to have a cookie, or play with your watch. He doesn't get what he wants and lies on the floor, kicking and screaming. Should you punish him and scream back? Tantrums are hard to deal with, but punishment and yelling are not the answers. Here are some guidelines:

If your baby is frustrated because he can't crawl back down the stairs, help him get down. Show him how to crawl backwards.

If he is frustrated because you have set certain limits such as no cookies, then let him cry out his tantrum. When he realizes that you are not paying attention, he will eventually quieten down. You have to set certain limits and you should stick by them. Be kind, loving, and firm with your baby, but don't give in to his demands just to keep him quiet.

QUESTIONS

"My baby likes to take off all her clothes wherever and whenever she can. How can I stop her from doing this?"

Some year-old babies enjoy undressing themselves for the sheer pleasure of practicing a new skill. They also like the freedom of taking off shoes and socks and then working their way up until they are quite bare. Some babies like to take off their night clothes, too, and throw them out of the crib or bed. Of course, if they have a bowel movement during the night, the bed will be quite a mess!

To discourage your baby from playing this new game when you really don't think it's appropriate, you might try putting her clothes on backwards, especially at night. A zipper on a sleeping bag or fasteners that are situated at the back make it harder for little hands to undo.

COMING NEXT

- Welcome to the "No-No's!"
- Prime Time for Yourself

WATCH OUT!

KITCHENS AND BATHROOMS MAY BE DANGEROUS PLACES FOR YOUR BABY

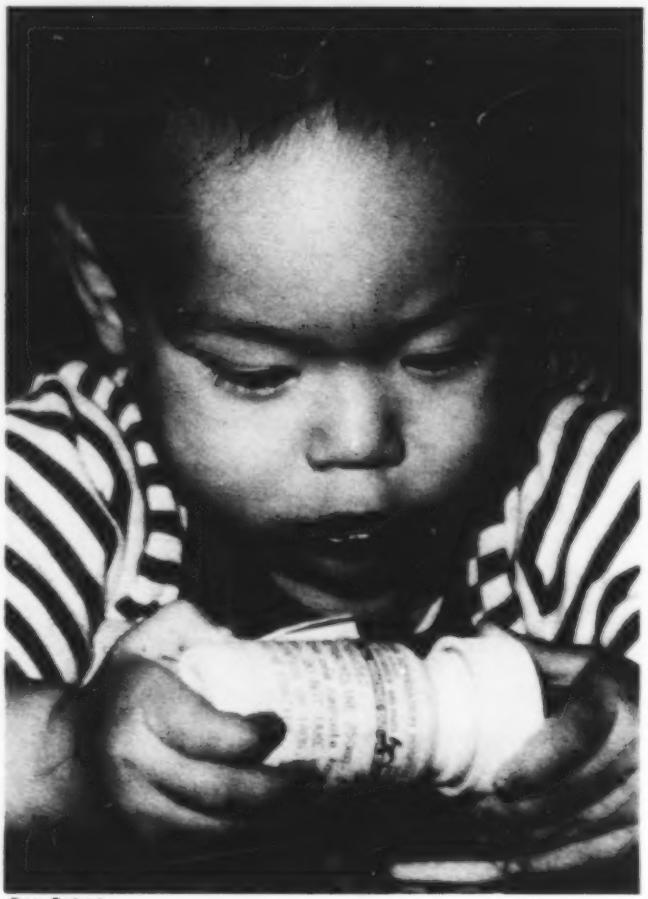
About 80 percent of all accidental poisonings involving children occur among infants 10 to 30 months of age. The poisons that are swallowed are usually household items such as detergents, cosmetics, furniture polish, vitamin pills, and medicines like aspirin.

Now is a good time to re-check your kitchen and your bathroom. Clear out all those bottles underneath the kitchen sink. Transfer them to either a locked cabinet or a high cabinet that cannot be reached, even on a chair, by your baby. Do the same thing in your bathroom.

Don't leave any medicines around—not even vitamin pills. An infant who chews or swallows 6 to 12 vitamin pills with iron will require emergency hospital treatment!

If your baby does swallow something, try to find out what it was. Then immediately call your doctor, the nearest hospital emergency room, or the local Poison Control Center for advice. Make sure you take the container of whatever he swallowed with you, if you have to take him for treatment.

Poison proofing your kitchen and bathroom may be a little difficult—BUT SAVING YOUR CHILD'S LIFE IS WORTH THE INCONVENIENCE.



Tracy Borland

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

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25m-2/84-WC/ALS **REVISED FEBRUARY 1984**

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PARENT EXPRESS

A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

11 MONTHS OLD

Tracy Borland

Leslie Medine

Dear Parents,
Your baby learns about love from you!

Your baby learns about most things from you, especially about love. Babies, just like grown-up people, need love and attention.

Rewarding your baby with a smile, a hug, or a kiss is better than rewarding with a new toy. Your baby will know that she is loved, and that is very important for her growth. With that kind of support, she will feel that she can tackle anything.

WHAT'S IT LIKE TO BE

Tracy Borland

Tracy Borland

How I Grow

- I STAND BY MYSELF!
- I hold a toy in one hand while pulling myself up on my feet with the other hand.
- I may even wave while standing, and turn my body around without falling down.
- I walk if you hold one or both of my hands.
- I easily squat down, stoop, bend over, and then get up.
- I hold a pencil or crayon and love to make marks.
- I take a spoon and put it in my mouth.

How I Talk

- I know that words are used to identify things.
- I use one word to express a complete thought.
- I babble and mumble gibberish quite a lot, but I do know a few words.

How I Respond

- I copy everything I see, and then do it my own way.
- I try to get your approval, and hide when I know you are not pleased.
- I may test you to see how much I can get away with.

11 MONTHS OLD?

Leslie Medine

How I Understand

- I see the expression on your face and copy it. I'm learning from you!
- I try to bark or meow when I see a dog or a cat. I am learning how people, animals, and things function.
- I like to look at pictures in books and magazines.
- I know that tools will help me, like pushing a chair in front of me to steady my walking.

How I Feel

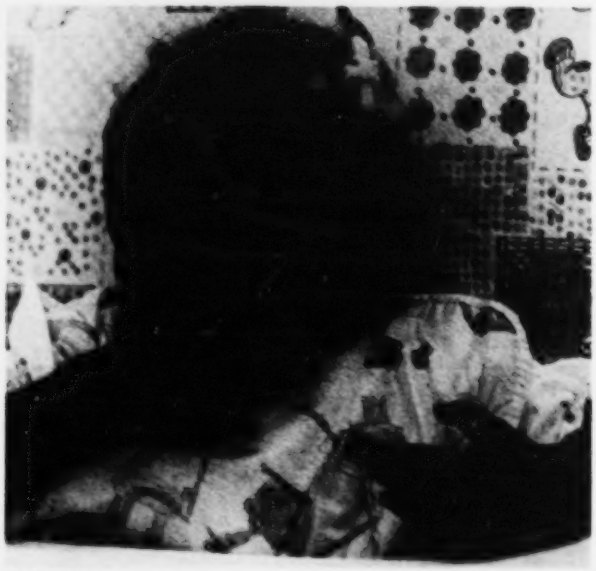
- I need you more these days and cling to you, especially in new situations.
- I love to shake my head and say "no" even when I mean "yes."
- I may cry, scream, and have tantrums if I don't get my way.
- I feel guilty when I do something wrong.

Leslie Medine

TOILET TRAINING—WHEN?

Some parents may be tempted to start toilet training too soon. but training probably will be easier on everyone if you wait until daily bowel movements are regular, and your child can tell you her needs in words.

Feeding Your Baby



Leslie Medine

DON'T THINK YOUR BABY HAS TO BE FAT TO BE HEALTHY.

If you have a very active baby, you may notice a slowing down of weight gain. That's because your baby is using more calories for his constant activity. The fact that your baby may not be gaining as much weight as before doesn't mean that he is not healthy. A fat baby is not necessarily a healthy baby. At this age, babies should be developing muscle tissue, not fat.

DON'T WORRY

Worrying about what your baby eats or does not eat will only make both of you nervous. Don't expect your baby to clean his plate or to eat just one more mouthful. Trust him to be the best judge of how much to eat.

As your baby moves around to explore his world, he will discover a new independence. He may be eager to try out this new independence by insisting on feeding himself. Or he may be a little scared by his new abilities and may cling to you at mealtimes. He may even refuse to hold his cup or spoon, and demand to be fed.

Whether you baby is a clinger or a self-feeder, try to be calm and patient. It will pay off in fewer feeding problems both now and later on.

WELCOME TO

Most parents of 11-month olds go through the **"No-No's"** at this age. Sometimes it will seem like you're always telling your baby what *not* to do. No wonder—the 11-month-old loves her independence as she moves around and touches more things than ever before! And so discipline becomes part of the daily routine.

What is discipline? It is something that you do for and with your child, and not to her. It is setting up a reasonable balance of limits to teach your child what is acceptable and what isn't. Discipline is also letting her know that though you may disapprove of what she did, you still love her.

Here is a way to handle discipline problems:

- Anticipate what children will do.
- Divert them to something else.
- Substitute or remove the object.
- Be firm in saying **NO**.

Tracy Borland

THE "NO-NO'S"

Tracy Borland

Your baby may continue to do something that is a **"No-No"** just to get attention. It becomes a game. She crawls to a forbidden object and turns around to look at you. You say "**NO**," but she reaches out to touch anyway. You get angry and say "**NO**," again. She reaches again for object, waiting for your "**NO**," and so the game goes on.

SOLUTION: You can take the object away, replace it with something your baby *can* have or take her away from the forbidden area and give her some attention. A little tenderness goes a long way!

Babies at this age also like to shake their heads while saying "**NO**." They delight in swinging their heads from side to side and love the head movement. They may even say "**NO**" to things they enjoy, like taking a bath, eating dinner, or getting dressed to go out. Don't be alarmed at this negativism. It's all a part of growing up and becoming more independent.

Games Babies Play

Leslie Medina

Play Ball: An eyes-and-body game

PURPOSE OF GAME

- Teaches your baby to crawl to get things and to find out about them.

HOW TO PLAY

- Take a ball that your baby likes and roll it toward, away from, and then to the left and right of your baby.
- Say, "Look at the ball. Go get the ball."
- Your baby will try to get the ball by crawling after it.

Another eyes-and-body game

- Move things away from and back to your baby while he watches. This helps your baby see that distance may affect how things look, but it doesn't change their size.

Make the Most of Your Time

Tracy Borland

TIME is a valuable resource. You can control the use of time or let time control you. It all depends on how you make use of your time.

Here are some ways to make the most of your time:

- Decide what your goals are and what you need to do to reach these goals. For example, you may want to go back to work or back to school. List all the steps it would take to achieve your goals. Then try to follow the steps to make the goal a reality.
- Write a list of things that need to be done. Make a new list every day. Rate the three most important items A-B-C or 1-2-3. Do these three things first. Cross out tasks as they are completed.
- Expect the unexpected. Be prepared to revise your list as needed.
- Try to reduce the time and energy you spend feeling guilty or frustrated about things you can't complete or jobs you can't do.
- Avoid clutter. Make a simple daily housekeeping schedule with basic, important tasks on it. Routines reduce thinking time.
- Plan ahead to save time. Leave 10 minutes earlier for an appointment—being early cuts down on stress.
- BE GOOD TO YOURSELF. Set reasonable goals, deadlines, and schedules that you can achieve within your time plan.

Tracy Borland (2)

QUESTIONS

"My 3-year-old niece lives with us. She sometimes hits the baby and seems to hate her at times. What should I do?"

Now that your 11-month-old baby is crawling and moving around, the older child may regard her as a threat. She gets into her things, takes you away, and sometimes is a pest and an intruder to her.

Remember that your niece was the king-pin around the house until her cousin was born. She now needs to be reassured and often told that she is still loved and cared for. You should also make it clear to her that certain behaviors—like hitting her cousin—are not acceptable. When she does hit her, you have to either physically stop her, move her out of the situation, or hold her while you explain why she can't hit.

It might help if you spend some time alone with the older child, free from distractions and free from your baby. You can give her your complete attention and do whatever she would like to do. You can plan the time around your baby's naptime or in the evening. Stimulating your niece's interest in other things, such as play activity or friends, will also help occupy her time.

COMING NEXT

- What Little Boys and Little Girls Are Made Of
- Looking Back—Looking Forward

If you have any questions or comments, please contact your local Cooperative Extension Office

Adapted by Jennifer Birckmayer, Florence Cherry, and Ruth Raimon-Wilson, Department of Human Development and Family Studies, Cornell Cooperative Extension, with full credits and appreciation to Cooperative Extension, University of California.

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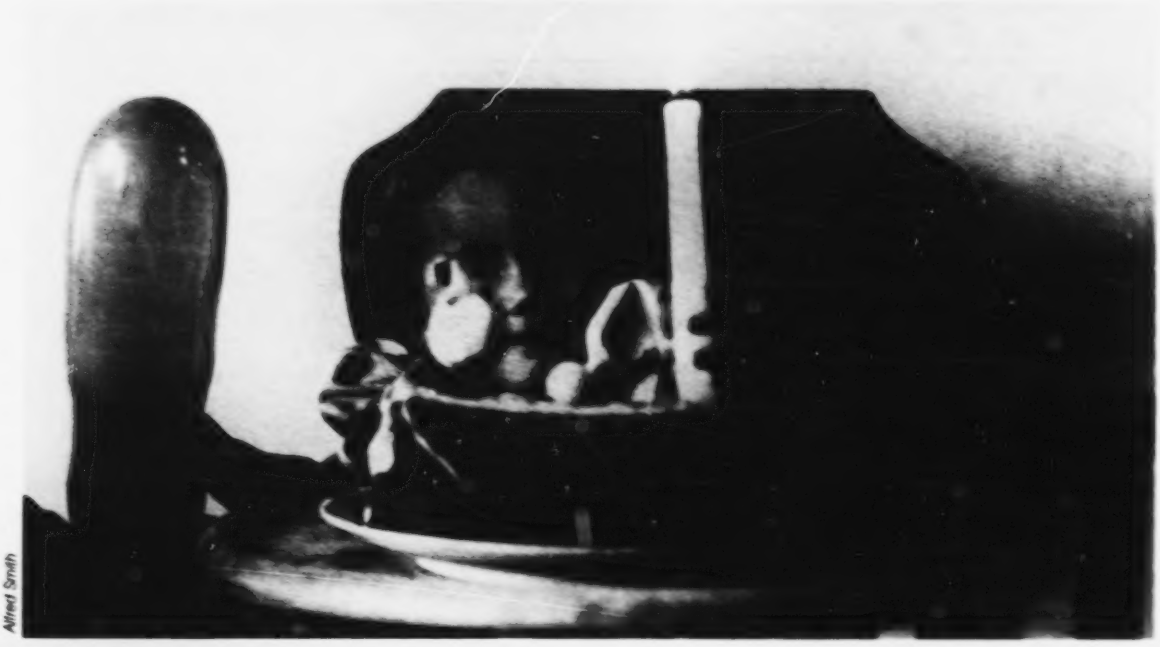
A MONTH-BY-MONTH NEWSLETTER FOR YOU AND YOUR BABY

1 YEAR OLD



Alfred Smith

Dear Parents,
Your baby is now 1 year old!

Congratulations!
You made it through 1 whole year!

Both you and your baby have come a long way. You've helped your baby grow into someone who can sit, stand, climb, and reach for things; who can think, feel, understand you, and maybe even say a few words.

You can look back with pride on the past year and give yourself a well deserved pat on the back. At times it was hard, but you managed well. From now on, your baby will be growing and learning at an amazing rate. You can look forward to the coming years, confident that you will help him develop into a responsible human being.

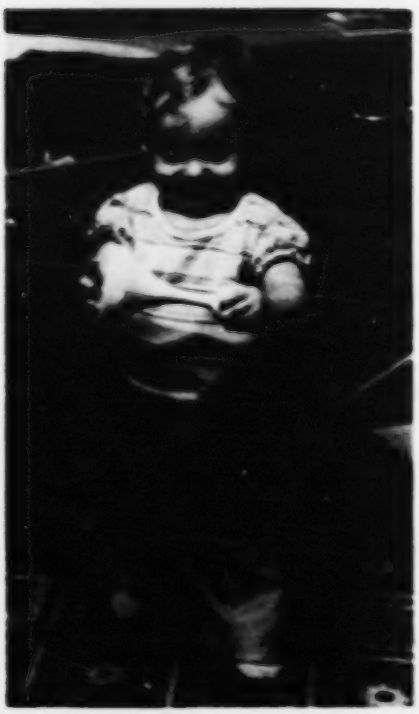
I AM ME,
IN ALL THE WORLD,
THERE IS NO ONE ELSE LIKE ME . .
I HAVE THE TOOLS TO SURVIVE,
TO BE CLOSE TO OTHERS,
TO BE PRODUCTIVE,
AND TO MAKE SENSE AND ORDER
OUT OF THE WORLD OF PEOPLE
AND THINGS OUTSIDE OF ME.

Excerpted from "Self Esteem," by Virginia Satir, Celestial Arts, Millbrae, California, 1970.

WHAT'S IT LIKE TO BE

How I Grow

- I may walk, but still prefer to crawl—it's faster!
- I may also try to do other things while I'm walking, like wave to you, or pick up my favorite blanket.
- I stand by pushing up from a squatting position.
- I climb up and down stairs, if I have the chance.
- I may even be able to climb out of a playpen or crib.
- I use my hands to remove lids from jars.
- I hold things with one hand while I'm doing something else with the other hand.
- I use my index finger to point to things.
- I try to dress or undress myself, but I'm not very good at it yet.
- I insist on feeding myself.



How I Talk

- I repeat words I know—it's good practice.
- I babble away in phrases that sound like short sentences.
- I make up my own words to describe objects or people.

How I Respond

- I trust people I know well.
- I imitate people, even if they are not around.
- I am still afraid of strangers and unfamiliar places.
- I am very definite about my likes and dislikes.

1 YEAR OLD?

How I Understand

- I remember more because my memory is getting sharper.
- I hunt for a toy, and even if I don't find it right away, I can remember where I saw it last.
- I keep trying to do something and may even solve the problem through trial and error.
- I follow simple directions and understand most things you say to me.
- I have favorites among people and toys.

How I Feel

- I feel great that I have a personality all my own.
- I'm developing a sense of humor and think a lot of things are funny.
- I still don't like being separated from you, and am relieved when you return.
- I feel secure and happy eating meals with my family.
- I feel—and show—love and affection to my favorite people and things.

Tracy Borland (5)

LOOKING BACK

Looking back, you have many memories of all the things you have shared with your baby. Do you remember the times when you stayed up all night? How about the times that you thought the crying would never stop, or the times that your baby smiled and laughed and you felt good sharing his joy?

Do you remember when your baby—

- Made his first sound besides crying?
- Held his first toy?
- Used a spoon the first time?
- Took his first steps?

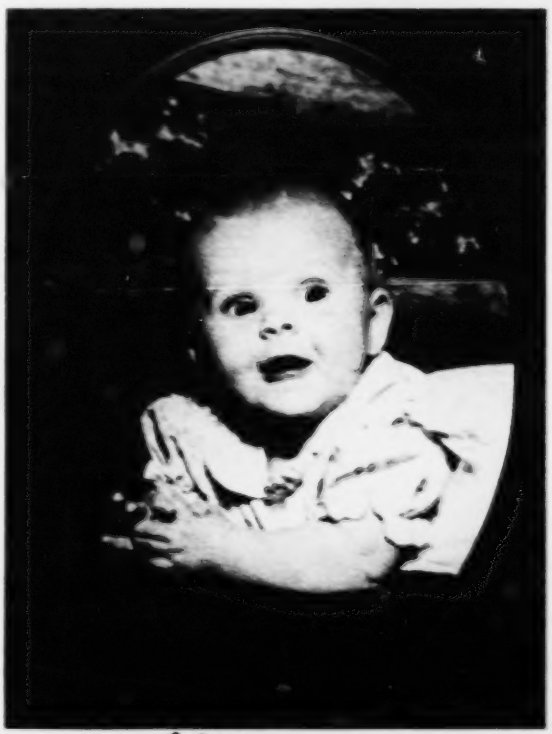
You could go on and on reliving the memories, some of them happy and some of them not so pleasant.

But now you and your baby are ready to move on to the second year. There are many more "firsts" to look forward to: the first walking steps taken alone, the first words read out of a book, the first day at school, and so many others.

It is often easy to forget the things that work well in the process of raising a child. Here are a few thoughts to keep in mind:

- You are your baby's first teacher. Teach the things that you think are important in life.
- Follow your common sense when you have a problem. Do what you feel is best for you and your baby.
- Try to take some time out for yourself—your needs are important, too.

Your role as a parent has not ended. For your baby, life has barely started. He is just beginning to learn about the world around him, and there will be many new adventures to share through the years.



LOOKING FORWARD . . .

Feeding Your Baby

WHAT, WHEN, AND HOW MUCH?

Tracy Borland

Milk—about 2 to 3 cups daily with a variety of other foods from the food groups listed below.

Most health authorities recommend that a baby should be at least a year old before whole milk is given. Until your baby is 1 year of age, breast milk or formula is the most appropriate milk to feed your baby.

IN ADDITION TO MILK, GIVE SEVERAL SMALL SERVINGS FROM EACH OF THE FOLLOWING FOOD GROUPS OVER A 2 DAY PERIOD:

- Vegetables, fruits
- Meat, fish, poultry, egg yolk
- Cheese, yogurt, cottage cheese
- Bread, crackers, cereal, rice, spaghetti

How Much Should My Baby Eat?

Your baby doesn't have to eat something from every food group at every meal. He may eat well at one meal, not so well at the next, and refuse the third meal. One hearty meal a day plus four foods from the above food groups are about average at this age. Forcing babies to eat can work in reverse and make them refuse any food. Or they may continue to eat just to get your approval.

Offering food to babies when they are upset may quiet them for a few moments, but it will also teach them the habit of using food as a solution to problems. Instead, try to find the cause of the problem and solve it, without using food as the pacifier.

Games Babies Play

Tracy Borland

Pull-the-Right-String: A using-a-tool game

PURPOSE OF GAME

- Helps your baby learn to use objects as tools to get what she wants.

HOW TO PLAY

- Hold your baby in a sitting position on your lap facing a flat surface like a table top.
- While she is watching, tie one end of a piece of string around a favorite toy.
- Place the toy out of reach on the table and say, "Get the toy."
- Your baby will learn to pull the string to get the toy.

Another using-a-tool game

- Place the toy on the string out of reach again.
- Place two more strings alongside the string with the toy attached.
- Your baby will learn to pull the string with the toy attached.

WHAT LITTLE BOYS AND LITTLE GIRLS ARE MADE OF

Tracy Borland

Parents sometimes treat boys and girls differently, and react differently towards them. They may give toy trucks to boys and dolls to girls. They may get upset if a boy picks up a doll and starts playing with it because they think a doll is a girl's toy. The same thing may happen when a girl plays with a toy truck or car.

Although your child is still a baby, it's not too early to consider your own attitudes about sex roles. Now is a good time to evaluate the messages you want to give about "what little boys and little girls are made of."

Here are some questions to help sort out your attitudes:

- Do I hold back hugging my son just because he is a boy?
- Do I use a different tone of voice for my daughter than I would for a son, even though tenderness is comforting for both sexes?
- Do I expect different kinds of behavior from my children because of their sexes (for example, leadership and strength from a son, and crying and softness from a daughter)?

Allowing children to express themselves freely regardless of their sex will help them grow into healthy, capable and confident individuals.

BUILDING SELF CONFIDENCE

Being a parent can sometimes tax your patience, as well as your confidence in your ability to cope with daily problems. At times you may feel comfortable and self confident, and at other times you may feel uncertain and fearful about your decisions.

We all strive to feel comfortable and good about ourselves. Self confidence is measured by the way we feel and the way we behave.

There are ways to bolster your self confidence, so that you feel better about yourself. Here are a few suggestions:

- Examine and determine what YOU want out of life—not what other people want for you, or want you to do.
- Don't put yourself down. Instead of saying "I can't do it," try saying "I am going to try to do it."
- Living your life from this moment on. Don't become discouraged by past mistakes.
- Trust your own decisions. You are the best judge of what works well for you.

If you have any questions or comments, please contact your local Cooperative Extension Office

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ACKNOWLEDGEMENTS

PARENT EXPRESS is a publication of the Human Relations Program, University of California Cooperative Extension, Berkeley.

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This publication is issued to further Cooperative Extension work mandated by acts of Congress of May 8 and June 30, 1914. It was produced with the cooperation of the U.S. Department of Agriculture, Cornell Cooperative Extension, New York State College of Human Ecology, New York State College of Agriculture and Life Sciences, and New York State College of Veterinary Medicine, at Cornell University. Cornell Cooperative Extension provides equal program and employment opportunities. Lucinda A. Noble, Director.

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25m-2/84-WC/ALS **REVISED FEBRUARY 1984**